

# Bavarian News

Vol. 5, Nr. 19 U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt, and Garmisch September 30, 2009

**HOHENFELS**  
**WELCOME HOME**  
Team Blackfoot  
returns home  
from Afghanistan  
after eight months  
**PAGE 10**

**ANSBACH**  
**FACELIFT**  
Garrison commissary  
begins construction  
on 'welcoming' com-  
munity area  
**PAGE 20**

**SCHWEINFURT**  
**STAR POWER**  
Operation Rising  
Star winner advanc-  
es to next level of  
competition  
**PAGE 22**



**KICK IT OFF**  
The U.S. Army Garri-  
son Grafenwoehr hosts a  
Combined Federal Cam-  
paign kick-off ceremony  
at the East Camp dining  
facility Oct. 5 at noon.  
The CFC is the  
world's largest and most  
successful work-place  
charity campaign. For  
more, See commentary  
on page 2.

**FAREWELL**  
After working for the  
Bavarian News for more  
than one and a half  
years, first as the com-  
munity reporter and next  
as a Public Affairs intern  
and the newspaper's ac-  
ting editor, we bid **Mary  
Markos** farewell as she  
goes on to attend the De-  
fense Information School  
at Ft. Meade, Md.  
We wish her the best  
of luck.

**What you're  
looking for**

Opinion Editorial	2
News	3-8, 25
What's Happening	12-13
Travel	15
Medical	16
Blackhawk News	18
Sports	24
Movies	26
AAFES	27

For the latest in community  
news, visit [www.  
grafenwoehr.army.mil](http://www.grafenwoehr.army.mil)

## Garmisch reaffirms Army Family Covenant promise



Assisted by Army spouses Verlie Gibson (left) and Kayla Chambers, Brig. Gen. Steven Salazar, Joint Multina-  
tional Training Command, uses a saber to cut the cake immediately after signing the 2009 Garmisch Army Fam-  
ily Covenant. Grafenwoehr Command Sgt. Maj. William Berrios (left), and Covenant signatories Karin H. Santos,  
USAG Garmisch Manager and Col. Chris Sorenson, USAG Grafenwoehr Commander (far right) share the crowd's  
pleased reaction to the first cut. The Sept. 24 ceremony marked the first rededication of the Army Family Covenant  
within the Grafenwoehr footprint.

Story and photo by  
**JOHN REESE**  
*USAG Garmisch PAO*

The Pete Burke Commu-  
nity Center was standing room  
only as Brig. Gen. Steven  
Salazar, the new commanding  
general of the Joint Multina-  
tional Training Command, vis-  
ited Sept. 24 to rededicate the  
Army to the Garmisch Army  
Family Covenant.

With a capacity audience of  
Soldiers and civilians witness-  
ing, a large poster-sized copy of  
the historic promise by Army  
leadership to improve the qual-  
ity of life of Soldiers and Fam-  
ily Members was signed by  
Salazar, USAG Grafenwoehr  
Commander Col. Chris Soren-  
son and USAG Garmisch Man-  
ager Karin H. Santos.

In addition to community  
members, a complement of  
off-duty Vilseck Soldiers from  
C Battery Fire Squadron, 2nd  
Stryker Cavalry Regiment  
visiting to perform security  
patrols sat in attendance as the  
three leaders spoke.

"I'm here today to reaffirm  
the Army's commitment to the  
Army Family Covenant," said  
Salazar, and added that Gar-  
misch was the first garrison  
under the leadership of JMTC  
and Grafenwoehr to conduct a  
re-signing ceremony.

Manager Santos pointed  
out that Garmisch provides  
See ARMY Page 25

## U.S. Senate confirms 21st Secretary of the Army

*Army News Service press release*

John McHugh was sworn in as the 21st Secretary of  
the Army Sept 21 following his nomination  
by President Barack Obama and confirmation  
by the U.S. Senate.

As Secretary of the Army, McHugh has  
statutory responsibility for all matters relat-  
ing to the U.S. Army: manpower, personnel,  
reserve affairs, installations, environmen-  
tal issues, weapons systems and equipment  
acquisition, communications, and financial  
management.

McHugh is now responsible for the De-  
partment of the Army's annual budget and  
supplemental of over \$200 billion. He leads a  
work force of more than 1.1 million active duty, Army  
National Guard, and Army Reserve Soldiers, 221,000

Department of the Army Civilian employees, and  
213,000 contracted service personnel. Also, he provides  
stewardship over 14 million acres of land.



McHugh

Also sworn in at the Pentagon ceremony  
was Dr. Joseph Westphal who assumed du-  
ties as the 30th Undersecretary of the Army.  
Westphal has served in distinguished posi-  
tions within academia, private, and public  
service, including a brief tour in 2001 as  
Acting Secretary of the Army. He served as  
the Assistant Secretary of the Army for Civil  
Works from 1998 to 2001.

McHugh has served over 16 years as a  
member of Congress representing northern  
and central New York. During his service, he  
forged strong ties to Fort Drum and earned a  
reputation as a staunch advocate for Soldiers and their  
families, working tirelessly to ensure they had proper facil-

ities, training, and the quality of life necessary to carry  
out wartime missions while caring for those at home.

Over the last eight years, McHugh made 10 of-  
ficial visits to Iraq and four visits to Afghanistan and  
other deployed locations to visit U.S. forces.

During his nomination hearing before the Senate  
Armed Services Committee July 30, McHugh said  
that he was excited, humbled, and honored at this  
new opportunity to serve, but also that he under-  
stood the challenges facing the Army.

"They are strained by the frequency of constant  
deployments and stress by the pressures levied  
against their families," he said. "Too often - far too  
often - they return home to only to be disappointed  
by a network of support systems that, despite high  
intentions and constant effort, continue to fall short  
of the level of support they so richly deserve and  
See MCHUGH Page 25

## Department of State warns of terrorist threats following elections

*U.S. Department of State release*

The Department of State  
alerts U.S. citizens that Al Qa-  
eda has threatened it will con-  
duct terrorist attacks in Ger-  
many immediately prior to and  
following the federal elections  
on Sept. 27. This travel alert  
expires Nov. 11.

Al Qaeda recently released  
a video specifically warning  
Germany of attacks. German  
authorities are taking the threat  
seriously and have taken mea-

sures to enhance the level of se-  
curity throughout the country.

The Department of State  
urges U.S. citizens to main-  
tain good security practices  
at all times, and to maintain a  
heightened situational aware-  
ness and a low profile.

Americans are advised to  
monitor news reports and con-  
sider the level of security pres-  
ent when visiting public places  
or choosing hotels, restaurants,  
and entertainment and recre-  
ation venues.

U.S. citizens are encour-  
aged to read the Department  
of State's current Worldwide  
Caution at [http://travel.state.  
gov/travel/cis\\_pa\\_tw/cis/cis\\_1123.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1123.html).

It provides additional infor-  
mation on potential threats to  
U.S. citizens overseas, along  
with advice on how to reduce  
vulnerability to such threats.

Additional general infor-  
mation on residing and travel-  
ing abroad, including the latest  
Country Specific Information

[http://travel.state.gov/travel/  
cis\\_pa\\_tw/cis/cis\\_1123.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1123.html)  
for Germany, may be found on  
the Bureau of Consular Affairs  
Website [http://travel.state.gov/  
index.html](http://travel.state.gov/index.html).

Contact information for  
the U.S. Embassy in Berlin  
and U.S. Consulates in Frank-  
furt, Hamburg, Dusseldorf,  
Munich, and Leipzig may be  
found on the U.S. Diplomatic  
Mission to Germany's Web-  
site [http://germany.usembassy.  
gov/acs/index.html](http://germany.usembassy.gov/acs/index.html).

All U.S. citizens traveling  
to or living in Germany are  
urged to register with the U.S.  
Embassy through the State De-  
partment's travel registration  
Website [https://travelregistra-  
tion.state.gov/ibrs/ui](https://travelregistration.state.gov/ibrs/ui).

Travelers may also obtain  
up-to-date information on se-  
curity conditions by calling 1-  
888-407-4747 toll-free in the  
United States or outside the  
United States and Canada on a  
regular toll line at 1-202-501-  
4444.



## COMMANDER'S MESSAGE



# Grafenwoehr community sees improvements, puts safety of residents on high priority

We have seen some major achievements for our community during the past few weeks.

First, AAFES conducted the grand opening of the Netzaberg Shoppette on Sept. 24. With more than 800 community members off-post at Netzaberg, this is a wonderful convenience to many of you and another promise fulfilled to the community of the USAG Grafenwoehr – that we will have the best community support resources in Europe! And it certainly fulfills the AAFES motto: “We go where you go.” Well, we went to Netzaberg and so did AAFES!

On that same day in Garmisch, Brig. Gen. Steven Salazar, our Senior Commander, Ms. Karin Santos, Garmisch Garrison Manager, and I reaffirmed the Garmisch Army Family Covenant. We’ve made significant accomplishments for both the residents and visitors through the Army Family Covenant,



from standing up an Army Community Services Center and renovating Army Family Housing, to providing 16 hours of free respite care to eligible patrons (including visitors).

Brig. Gen. Salazar will continue to reaffirm our commitment to AFC, with AFC signings scheduled at Hohenfels and Grafenwoehr in the coming month.

Earlier this week, we opened the new Grafenwoehr USO / BOSS center at East Camp Building 150. Again, this is another promise fulfilled to provide you the best community support resources in

Europe.

The USO offers such amenities as internet and e-mail access, information referral services, tours, etc. USO makes being away from your family a little easier, which is great news for our BOSS members who will be frequenting the new center. This center offers everything from televisions and video games,

to music and other types of activities and entertainment. BOSS is now headquartered in this center and also offers trips, so between BOSS and the USO, there is no excuse for you not to see and experience all of Europe while you are here.

We also completed our annual Force Protection exercise, Charging Boar, this past weekend. We thank all of you for your patience and understanding. This was a huge event, with more than 1,500 participants from the host nation side.

Despite the inconvenience, we must practice our emergency response, communications and force protection capabilities. The German national elections were held the following day, but we still remain on a State Department alert in Germany for the next two weeks because of terrorist threats.

The German government has taken measures to enhance security, and while there is no specific threat to American personnel, you are advised to use common sense measures

such as being extra vigilant at large gathering and when using public transportation, and not drawing attention to yourself.

Another suggestion is to monitor AFN for news and updates. AFN is a great resource, not just for security reasons, but to be aware of the great events, programs and services in our community.

The garrison’s mission and focus is ensuring you get the programs and services you need, and that they are easily accessible. Please take the time for give us your feedback through our ICE program. You can fill out a card at many of our facilities, or just go online to our garrison web site, [www.grafenwoehr.army.mil](http://www.grafenwoehr.army.mil), and submit your comments.

Your suggestions are another way to make sure we stay Army Strong!

*Col. Chris Sorenson  
Commander, U.S. Army  
Garrison Grafenwoehr*

## CSM CORNER



## Volunteerism helps community be the best it can be

Welcome home to the 574th Quartermaster Support Company! The main body of the company arrived home to U.S. Army Garrison Grafenwoehr after 15 months in Iraq Sept. 21. We thank them and their families very much for their service, commitment and courageousness that they displayed during the deployment. We hope they experience a smooth and welcoming integration back into the USAG Grafenwoehr community.

As fall officially arrives, it is important for us to look to our community and ensure that it indeed stays a beautiful place to live, work and serve.

It is time for our entire garrison to join forces to improve the appearance of our community. Fall Cleanup operations are planned from Oct. 26 until Oct. 30, and it is the responsibility of everyone.

Those working on post, living in barracks, government and

government leased quarters are all expected to clean up their areas.

For those with yards, cut your grass and clean yard areas of toys and other items leftover from the summer months.

It is also a good opportunity to begin sorting through basements, garages and storage areas.

Not only is it your responsibly to clean your own living space, but to take care of shared community areas such as playgrounds and recycling areas.

Join together with neighbors to make these places clean, safe and presentable.

When it comes to recycling, be sure to understand the requirements of recycling in your area. Not only is it German law, but your commitment to your neighbors and community.

When items are not disposed of properly, recycling areas can become unsightly quickly. Collectors will not pick up items or bags left on the ground near collection points,

nor will they pick up items that are improperly sorted.

Be sure to take the time to dispose of your waste properly.

Call your local SORT office for questions about recycling. In East Camp, dial DSN 475-6664, CIV 09641-83-6664 or in South Camp, dial DSN 476-2600, CIV 09622-83-2600 for the SORT program.

Bulk trash will also be picked up soon. In East Camp locations, have bulky items outside ready to be picked up for on-post housing Oct. 29 and for barracks Oct. 27. In South Camp locations, barracks pick-up will be Oct. 30 and on-post housing pick-up will take place Oct. 29.

Do not place items outside more than one day before pick-up.

Read the weekly Community Newsletter for updates on bulk trash pickup and Fall Cleanup efforts.

Remember, don’t wait until cleanup days to begin thinking about tidying up your home and workplace.

This is your community. Keep it beautiful.

When it comes to contributing

to your community, there are many ways you can contribute. On Oct. 5, the annual Combined Federal Campaign will kick-off with a cake cutting ceremony at the Grafenwoehr main dining facility at noon.

The CFC is a way that you can give back to your community and the world. It is the world’s largest and most successful workplace charity campaign which enables us to raise money to support non-profit organizations that provide health and human services throughout the world.

This is an excellent opportunity to give back which can make a difference in our world.

For more information, visit [www.cfcoverseas.org](http://www.cfcoverseas.org) or call our local campaign manager, Christine Nunez at DSN 475-8432, CIV 09641-83-8432 for more.

Another important kick-off ceremony that recently happened was the opening of the new USO facilities on East Camp. The facilities are fantastic and will be yet another reason why our garrison is the premier place to live, work and

serve in Europe.

Many services and activities will be available in the new USO and it will be open to all Families and ID card holders 18 and older.

Better Opportunities for Single Soldiers will also have their new new office located there and will coordinate with the USO for events throughout the year.

Everyone in the community is invited to stop by for a pancake brunch on Saturday beginning at noon.

If you have questions or are willing to volunteer at the USO, you may reach the USO director Linda Lorenzana at DSN 475-9584, CIV 09641-83-9584.

Stop by and take advantage of this great new resource.

I hope to see you there.

*Command Sgt. Maj.  
William Berrios  
CSM, U.S. Army  
Garrison Grafenwoehr*

## Combined Federal Campaign helps ‘make a world of difference’

The Combined Federal Campaign - Overseas officially kicks off its 2009 season in Hohenfels with an event in the Warrior Sports Café Oct. 5 from 11:30 a.m. to 1 p.m. The event is open to the community and will include a cake, light refreshments, random gift give-aways, and live music.

This year’s slogan is “Make a World of Difference” and our 2009 Annual Goal is \$120,000. Over the past several years our community has repeatedly displayed a remarkable willingness to help those less fortunate.

In 2007, Hohenfels exceeded its Combined Federal Campaign – Overseas goal by raising \$121,000. In 2008, you again exceeded expectations and raised \$158,000.

Your unselfish generosity has undoubtedly made a significant difference for the national, international, and U.S.-based local

organizations that have met the Combined Federal Campaign eligibility requirements. Lt. Col. Kevin Quarles and I thank you for your gracious past donations and ask that you continue your generosity this year.

The CFC-O has two new unique features this year for electronic giving which can be found at the CFC-O website [www.cfcoverseas.org](http://www.cfcoverseas.org). The Online Pledge Assistant allows donors to complete their pledge card online, and provides the same options as traditional pledge cards, a one-time donation or a recurring allotment to

be taken out of their monthly or bi-weekly payroll.

As the CFC-O is not connected with the Defense Finance and Accounting Service system the electronic pledge cards need to be printed and provided to your Unit Coordinator or Keyperson. The website also offers a fully automated giving option that allows

contributors to utilize their credit cards and debit cards.

For those new to the CFC-O, take time to review the CFC-O charity list. One of the great advantages of the CFC-O is its incredible diversity. The true challenge is not finding a worthwhile charity to donate to but in narrowing down which charities are the most important to you.

While the CFC-O does not have local overseas charities participating in the campaign, however, it offers a program to allow contributors to donate money to improve the quality of life in their overseas community.

By choosing the Family Support and Youth Programs option on your pledge card (in designation field FSYP), 100 percent of donations go into Hohenfels where the commander can use the funds to make life better for our Families, single Soldiers and children.

When using this option, provide the

reporting number code of 347 which ensures your money comes to Hohenfels. In 2008, more than \$700,000 was returned directly into overseas military communities like ours using the FSYP option.

Over the next two months unit Keypersons will provide information and forms to all of our military personnel and federal employees, along with an informed opportunity to give.

When you are visited by your unit’s Keyperson, I urge you to spend a few moments to find a worthy cause (or two, or three) and take an opportunity to make a World of Difference in the lives of others.

*Command Sgt. Maj.  
Brenda Kadet  
CSM, U.S. Army  
Garrison Hohenfels*

## Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Schweinfurt, and Garmisch

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# ‘Rising Star’ advances to next level of national competition

Story and photo by  
**MARY MARKOS**  
*Special to the Bavarian News*

For the U.S. Army Garrison Grafenwoehr, Sept. 18 was a night to remember. On that night, a record breaking crowd of 350 people gathered at the Grafenwoehr Performing Arts Center to cheer for a record-breaking number of contestants competing for the chance to win “the ultimate recording music experience” in the fifth annual Operation Rising Star singing competition.

For Gloria Baltrip, a military spouse who has never competed in such a competition, it was a night she will not forget.

Baltrip, whose husband returned from Iraq last month with the 18th Combat Sustainment Support Battalion, was named Grafenwoehr’s Rising Star after her four minute, 20 second performance of Mariah Carey’s “There’s a Hero.” The performance, which brought the crowd to their feet, won her \$500 cash.

Winning the Grafenwoehr contest and out-singing her 11 competitors also gives Baltrip a shot at the grand prize – an all expense paid trip for two to Los Angeles, Calif., vocal coach, professional musical arrangement and a three song demo compact disc – by advancing to the next stage of competition.

At that stage, video submissions from 37 world-wide Army installations will be judged by a panel of experts, with twelve performers advancing to the semi-final round in Ft. Belvoir, Va.

For the mother of two, the local competition gave her a chance to give back to a community that has offered her unconditional support, and she said she would feel honored to perform on the community’s behalf if she is selected to advance.

“If I am selected to go on to Ft. Belvoir, I will give it my all and the performance that I do there will be dedicated to this community,” she said. “This community has helped me through 15 months of my husband



Gloria Baltrip, a military spouse, sings her heart out before being named the winner of the 2009 U.S. Army Garrison Grafenwoehr Rising Star competition. Baltrip will advance to the next level of the competition.

being deployed. My church family and those that I know were just so faithful. They helped me through a lot ... this community really helped me get through tough times.”

It was for the community and her supporters that helped her overcome some personal setbacks in the last year that Baltrip said she chose the song, “There’s a Hero,” to sing.

“I talked to a lot of people and there are so many that are hurting... going through something ... and feel like they have no hope or strength to make it through being in the military – the military life. That song was definitely a message song (to the audience) to let them know that whatever they want to do, or whatever they’re trying to do, that they have strength enough to do it. They have it on the inside. You don’t have to look anywhere else but inside you,” Baltrip said.

Joline Powell, Grafenwoehr Performing Arts Center director, who organized the Grafenwoehr competition, said Baltrip needs only

to look within herself to win what was formerly known as the military idol competition.

“Gloria has one of those voices that is able to travel through her range with ease. Nothing is difficult from the two performances that we’ve seen her do. It is obvious that all of the techniques that singers pay people to teach them, she uses those with her body and with her breathing in order to use her throat as the venue for the sound to come out,” Powell said. “This is what her voice was made to do – to sing.”

Other singers who received awards at the Grafenwoehr competition include Capt. James Hogsten, Fires Squadron, 2nd Stryker Cavalry Regiment, who took home second place and \$250 cash with the spiritual song, “On the Battlefield/Soldier in the Army,” and Capt. Jermain Goodman, Headquarters and Headquarters Company, 1st Squadron, 2SCR, who received \$100 cash and was awarded third place with his rendition of “My Cherie Amour” by Stevie Wonder.

Results from the video stage of the Operation Rising Star competition are expected to be announced Oct. 21. Audience and community members can go online Nov. 7 through 22 to cast their vote in the semi-final and final rounds of the search for the military’s next rising star at [www.oprisingstar.com](http://www.oprisingstar.com).

Powell said she encourages everyone to vote online, especially if Baltrip makes it to the semi-finals. “For (Baltrip) to be the winner, that would be such an honor for the amount of support that came out here during the competition,” she said.

Having a winner from Germany is a reality after a Schweinfurt resident was named Operation Rising Star winner last year. On keeping the title in Germany, Powell said, “It would be cool to have a winner from Germany ... but I’d rather have them from Grafenwoehr.”

More photos of the USAG Grafenwoehr Operation Rising Star competition can be found at [www.flickr.com/photos/usaggrafenwoehr/sets](http://www.flickr.com/photos/usaggrafenwoehr/sets).

## Spotlight on Education



Name: Erika Meadows

What grade and subject do you teach? Third grade, all subjects at Hohenfels Elementary School.

Hometown: American Falls, Idaho.

How long have you been a teacher? This is my 10th year teaching and my eighth in Hohenfels.

What do you enjoy most about teaching? My favorite subject to teach is math so my favorite thing to do is give the children hands-on math projects to increase their cognitive awareness and help them understand numbers.

What advice can you give students to help them succeed? Get lots of sleep and eat breakfast!

# Army campaigns against domestic violence

Story and photo by  
**AMY NEWCOMB**  
*Bavarian News*

“Make the right choice, act to prevent domestic abuse.” This slogan was chosen by the Department of the Army for their 2009 campaign against domestic violence. The Army wants each community to be proactive in identifying, reporting and preventing domestic violence.

National Domestic Violence Awareness Month evolved from the “Day of Unity” in October 1981 and was observed by the National Coalition against Domestic Violence.

The intent was to connect advocates across the nation working to end violence against women and children. In 1987, October was designated for the first time as Domestic Violence Awareness Month. In 1989, U.S. Congress passed law 101-112 designating October as National Domestic

Violence Awareness Month.

Such legislation has passed every year since. The goal of Domestic Violence Awareness Month is to raise awareness about Domestic Violence.

Domestic violence is prevalent in both Army and civilian communities. It has no particular race, sex, national origin, class or rank.

Domestic abuse affects everyone in the community; however a majority of Army cases involve young soldiers and spouses. In 2008, the latest year for which the data is available, 62 percent of offenders were E-4 and below and 91 percent were E-6 and below. Nearly 80 percent of cases involved marriage partners between the ages of 18 and 31 years of age. Seventy-seven percent of offenders and 79 percent of victims were in this age group.

There are three types of domestic violence; physical, emotional and sexual abuse. Sexual abuse can occur within a marriage, cohabitating

or dating relationship.

When an individual is forced to have sex against their will, regardless of marital status, it is considered rape.

Domestic violence relationships are characterized by power and control where one partner attempts to control the behaviors or actions of the other by means of violence or threats of violence.

Examples of domestic violence are, but not limited to: name calling or putdowns, keeping a partner from contacting family and friends, withholding money, stopping a partner from getting or keeping a job, actual or threatened physical harm, sexual assault, stalking and intimidation.

Domestic violence is a crime and should be reported to the military police. Everyone has the opportunity to stop domestic violence in its tracks. According to Army Community Service’s Family Advocacy specialist Judy Joyner, even one person can make a difference in the lives of someone who is a victim of domestic violence.

“Domestic violence is a learned behavior ... it does not go away without some kind of intervention ... you have to intervene,” Joyner said.

Domestic violence can take many forms and can happen often or only once in a while. The important thing is being able to identify the warning signs so that you can help yourself or someone you know by preventing or stopping domestic violence. “It’s easier not to get involved sometimes but it doesn’t stop without help,” Joyner said.

Victims of domestic violence have two reporting options; restricted and unrestricted. A restricted report maintains confidentiality, the command and military police are not notified and medical and counseling services are made available to the victim. In an unrestricted report, an official investigation through the military police

in which the command of the offender or victim is notified.

The Family Advocacy Program on your installation is a good starting place for making the right choice.

The resources of this program focus on skill building, while another component places emphasis on recognizing warning signs of abuse, reporting options and procedures, and seeking help at the earliest indication on need.

Vilseck’s Family Advocacy Program Manager, Tammy Ricketts, makes sure there are programs and services available for the USAG Grafenwoehr community to help prevent spouse and child abuse. “People care and are willing to help victims of domestic violence,” Ricketts said.

On September 14th, USAG Grafenwoehr Garrison Commander, Col. Nils Sorenson and Command Sgt. Maj. Berrios signed the Garrison Commander Proclamation against Domestic Violence in preparation for October.

Sorenson wants the community to make a collective effort to bring Domestic Violence to a halt.

“Our community can stop domestic violence if we all get involved,” Sorenson said.

Sorenson will read the proclamation at the Domestic Violence Candle Light Vigil sponsored by the ACS Family Advocacy Program on October 7th. The vigil will be held at the South Camp Main Chapel on Rose Barracks at 6 p.m..

IMCOM-E Family Advocacy Manager, Rich Lopez, will be the guest speaker and the chapel will have a display of children’s artwork on the theme of Right Choices and anonymous victim’s testimonies.

ACS Family Advocacy Program welcomes the community to attend this event.

Contact ACS Family Advocacy Program at (civilian) 09662-83-2650 or DSN 476-2650 for more information about domestic violence, and programs to prevent domestic violence.

USAG Grafenwoehr’s Garrison Commander, Col. Chris Sorenson (left) signs the proclamation against domestic violence as Command Sgt. Maj. William Berrios (right) waits to sign Sept. 14.





# 574th QMSC reunites with family, friends after 15-month deployment

by **MELISSA WOLFF**  
*Assistant Editor*

Families screamed and waved with excitement, Sept. 21 at the Grafenwoehr field house because their loves ones were finally coming home.

The Soldiers of 574th Quartermaster Support Company were welcomed home during the re-deployment ceremony after completing 15 months deployed to Iraq.

The Soldiers of the 574th Quartermaster Support Company purified and provided bulk and bottled water, supplies and services and supply support to units from Multi-National Division-North.

Throughout the deployment, they operated from six different locations, including Qayarrah-West and Logistics Task Force Sykes, Tal Afar, Iraq and provided support as far west as COP Heider on the Syrian border and as far north as Habur Gate on the Turkish border.

No members of the company were seriously injured or killed during the 15 months away. "The officers, noncommissioned officers and Soldiers remained engaged, focused, and they took care of one another," Company commander Capt. Melissa Olendorf said.

She went on to say that the mission was a success and said that despite the challenge of the great distance they covered and were spread across, "We had incredibly competent and engaged leaders and outstanding Soldiers who were able to operate independently,

communicate well, and get the mission accomplished with minimal guidance," Olendorf said.

Katie Dworshak, who was waiting on husband Staff Sgt. Ray Dworshak at the ceremony said the biggest challenge for her was the length, saying that 15 months was very long compared to their previous 12-month deployment.

But Dworshak said the way she eased the difficulty was, "I kind of looked at it as my husband had to go so that somebody else's could come back. And I thought of that the whole deployment ... I was just thankful everyday that he was healthy and safe and coming home," she said.

Jessica Naccarato, waiting on husband Staff Sgt. Paul Naccarato, said the biggest challenge for her was being a single parent to son Gage, 6, and trying to play the role of both mom and dad.

She said, "I'm not a big person who likes outdoors and frogs and bugs, trying to teach him the things a dad would normally do was really hard. But once again, you get through it."

Naccarato said what helped her get through it was a great deal of communication, prayer, and "holding on to (their) love."

Many spouses cited the help that having friends in the same situation was. "That's what got us through: battle buddies," Naccarato said.

The Family Readiness Group also provided a great deal of support for families, said many spouses.

The FRG held events for spouses



Photos by Melissa Wolff

**Above left: Family members of the 574th Quartermaster Support Company cheer and clap as they see their loved-ones enter the Grafenwoehr Field House Sept. 21 during the company's redeployment ceremony. Above right: Teary-eyed Jessica Naccarato reunites with husband, Staff Sgt. Paul Naccarato, as he holds son Gage, 6, in his arms.**

**Right: During the deployment, Sgt. David Wright and Spc. Dustin Broyard pass a fuel line between two M969 tankers during a refueling mission at COP Nimr near Sinjar, Iraq.**

**Far right: Spc. Geraldine Hunter inventories a Unitized Group Ration shipment at Forward Operating Base Sykes where Soldiers receive, store, and issue food and bottled water to support units on the FOB and at several remote Combat Outposts in Western Ninewa Province.**



Photo by Capt. Melissa Olendorf



Photo by Staff Sgt. Carlyn Yarborough

## Year of the NCO Spotlight



### Sgt. First Class Charise Kelly

**Age:** 36  
**Current Unit:** HHC, JMRC Falcon Team  
**Current Position:** Observer/Controller  
**Component:** Active Army  
**Current Location:** Hohenfels, Germany  
**Hometown:** Atmore, Ala.  
**Years of Service:** 19



During her deployment in support of Operation Iraqi Freedom, Charise L. Kelly was forced to make split-second decisions to save her Soldiers lives. Now, as a sergeant first class, Kelly is tasked with providing Soldiers the tools to be able to make those same decisions – in a safe environment. As a Forward Arming and Refueling Point Observer Controller for Headquarters and Headquarters Company Joint Multinational Readiness Center Falcon Team, Kelly strives to make pre-deployment training as realistic as possible to ensure Soldiers will be successful at their mission downrange. "In Iraq, I had four rockets land on my Fuel bag farm outer berm," she said. "I got all my Soldiers to safety and lucky enough, not one of them detonated."

Kelly describes her OC style as a shock and awe start, but thorough and informative. "When a new unit comes in," she said, "they think I'm hard core and I shock them a little bit. But I'm going to make sure that they know what to do in any situation I throw at them. I want them to come back alive and safe. I teach Soldiers how to react so if they can't find that NCO who outranks them, they can take charge in the absence of leadership," she said. Her leadership style, Kelly says, is something that took her years to develop. 19 years to be exact. "The Army has changed so much. It has evolved; it has been an exciting trip." Kelly's positive attitude is likely what lead many of the Soldiers she has worked with over the past 19 years to come to her reenlistment ceremony after she returned OIF in 2006. Kelly said the gesture from her Soldiers touched her heart. "They always find a way back to you," she said of the Soldiers she has worked with over the years, including those Soldiers she put into the Army during her three and a half year stint as a recruiter. The recruiting tour, Kelly said, helped mold her into the leader she is today. "They didn't really have anything to look forward to," she said of the high school students she would meet weekly, "Some would leave high school to sell drugs, or work at McDonalds, or just not even try to go to college," she said. "If you could see some of the living conditions and situations some of these kids were in - some didn't have a place to sleep, food to eat or anything." She wanted to make a difference and to make things better. She said she learned to listen.

"Just remember, every Soldier just wants to be heard. Listen to them - it's our job to mold them, to teach them everything we know," Kelly said. "They will look back one day and say 'my NCO taught me that. That's when you know you were successful.'"



# Marshall Center couple takes strength competition to new heights in Austria

by **JASON TUDOR**  
*GCMC Public Affairs*

“Pulling your weight” took on new meaning for a civilian employee Sept. 19 who lifted, pushed and pulled her way to a podium finish during a recent strength competition in Austria.

Aryn Lockhart, a graphic designer for the George C. Marshall European Center for Security Studies, took



Photos by Sgt. Bo Johnson

Lifting an object thrice her weight, Aryn Lockhart managed to flip the heavy tire five times in 40 seconds.

second-place honors during the Hercules of Tirol competition in Buch Bei Jenbach, northeast of Innsbruck, Austria.

Lockhart took second place in the “Amazon” category. She and two others competed in four events:

- A van pull, pulling a three-ton van 20 meters for time.
- A log press, where Lockhart pushed a 66-pound lb log overhead 26 times in 60 seconds.
- A frame carry - carry an 187lb frame for 50 meters for time; and
- A tire flip, where Lockhart flipped a 347-pound tire five times in 40 seconds.

Lockhart’s husband, Matthias Martin, placed second in the 105-kilogram category and seventh in the open category. She credited her advancement to her husband’s coaching.

“My husband’s coaching was a huge help,” she said. “If someone had told me a year ago that I’d be competing in a strongwoman contest, I never would have believed them.”

Lockhart said that she and her husband trained five days a week at



Muscles bulging, Garmisch “Hercules” Matthias Martin lifts a car in one of the strong man events Sept. 19.

the Mueller Fitness center on Sheridan Kaserne. She said the time spent in the weight room and concentrating on her diet has paid off.

“I’ve been training for a couple of months and I’m amazed at how much stronger I have become. It’s amazing to put a seemingly impossible goal ahead of you and actually achieve it,” she said.

# West Point classmates personify the partnerships of the 7th Army Joint Multinational Training Command

by **DENVER MAKLE**  
*JMTC Public Affairs*

One might think it’s harder to make lasting relationships, because of all the joint and multinational operations around the world. But, two officers say that’s not the case - the world is a much smaller place.

For them, it all started at the U.S. Military Academy at West Point, NY in 2002. Capt. David M. Kopecky, an engineer with the 173rd Airborne Brigade and 1st Lt. Klemen Mijatov, an infantry officer serving in the Slovenian Army found themselves together again in a large counterinsurgency exercise held earlier this month at the Joint Multinational Training Command’s Hohenfels Training Area, among dozens of Pashtun speakers and more than 6,000 U.S. Soldiers and civilians participating.

“I never thought something like this would happen. The fact that my deployments have only been to Iraq and Afghanistan, I never thought I would run into a foreign exchange cadet from



Slovenian Army 1st Lt. Klemen Mijatov (left) and U.S. Army Capt. David Kopecky (right), 173rd Airborne Brigade Combat Team, were classmates at the West Point Military Academy, Class of 2002. They reunited during training at the 7th Army Joint Multinational Training Command’s Hohenfels Training Area in September

Photos by Michael Beaton



another country,” said Kopecky. “I definitely remember him and he remembers me. There was a bond created.”

Because of proximity to countries like Slovenia, it’s very common to have multinational troops training with the U.S. forces during exercises.

“It appears that whenever we deploy it helps to train together, work side-by-side,” said Kopecky. “It helps to train as we fight.” Kopecky has deployed once to Afghanistan and

twice to Iraq.

Mijatov trained at the Joint Multinational Readiness Center in January and February of this year, during the Kosovo Force training. He has returned this time to train for International Security Assistance Force in Afghanistan.

He has deployed three times in support of operations in Afghanistan, Iraq and Kosovo. He has also trained in Hungary, the U.S., Canada and the United Kingdom to prepare for those deployments.

“This place [Hohenfels Training Area] is different. It is not easy to replicate what happens down range on your own resources,” said Mijatov. “The OCs (observer controllers) and cadre running the operation have applicable and current experience. It’s a good opportunity to prepare for the joint and multinational environment before you get pushed into it.”

Although their careers have taken a series of different turns, Kopecky said there are more similarities than differences.

“No matter what level you work at it’s about Soldier training, resourcing and getting him what he needs to do his job on the ground,” he said. “We junior officers will face the same challenges despite being in different militaries, with different cultures and different missions. That’s what keeps us close.”

So it seems, when a Soldier is serving in the joint and multinational environment, the world is a much smaller place. “It seems a military is a military, is a military,” said Kopecky. “There are more similarities than differences.”

## RETIREE CORNER

### Retiree Appreciation Day gives retirees a chance to ask questions, update information

by **DAVE STEWART**  
*Graf Retiree Council President*

**T**he annual U.S. Army Garrison Grafenwoehr Retirement Appreciation Day is set for next month.

I frequently remind our older and Europe-permanent resident retirees that it’s important to update your emergency data. The annual garrison’s Retirement Appreciation Day is an especially good time for this priority project. Keeping your files current ensures that the processing of one’s personal and associated administrative matters at the time of death is efficient and precise.

**Retiree Appreciation Day**

This year’s RAD is scheduled for Oct. 24 from 9 a.m. to 3 p.m. It will be held in building 244, just inside the main gate on the main post.

The services offered include military customs counseling, legal assistance, which is particularly useful for matters such as updating a will, and much more. It

will be possible to update and renew ID cards as well.

There will also be health services including TRICARE benefits counseling. The health clinic staff will offer hearing and blood pressure checks. There will also be counseling services for diabetes, including a foot check and the latest on the flu virus. Immunizations will also be given for shingles, flu and pneumovax.

Other counseling services include smoking cessation, nutrition and general wellness. The pharmacy will be open to receive expired medications and provide counseling if requested. The optometry clinic staff will provide retirees with glasses provided a prescription, that is less than a year old, is presented.

You’ve often read in this column how important it is to have an original DD Form 214 in your emergency file. If you don’t have one, or are not sure if you have an original, there will be an opportunity to have your copy verified at the RAD. One can also get assistance in applying for a replacement if they need to obtain an original copy.

I’ve written in this column many times that the DD Form 214 is extremely important when reporting the death of a retiree.

The Defense Finance and Accounting Office will have a representative on hand to provide information and services to update your records. Many retirees learned last year that their files were not as current as they thought they were. A quick check with DFAs will ensure your files are accurate and up-to-date.

The opening ceremonies will be held at 9 a.m. with remarks by the garrison commander. Col. (Retired) Robert Mentell, of the Army in Europe Retiree Council will also give a presentation of the latest developments in retiree initiatives underway at the Department

of the Army level.

Once again this year, the Garrison Warrant Officer’s Association will support the RAD by providing refreshments. Pastries, coffee, tea and water will be available at the event.

We encourage our retirees and surviving spouses to take advantage of this special day. As I continually remind you....it’s an excellent chance to update your files and emergency data.

I’ll be at the RAD along with the rest of the retiree council.

If you have questions please talk to us. We want to get to know you, hear your problems and share your stories.

**U.S. Army Garrison Grafenwoehr Retiree Appreciation Day will feature information from:**

- Defense Finance and Accounting Office
- TRICARE
- Military Customs
- Legal Assistance
- Health and pharmacy services

**Many other services will be available at the RAD, Oct. 24 in Grafenwoehr.**



# Grafenwoehr ‘BOSS Bash’ provides entertainment, education to Soldiers

Story and photo by  
**AMY NEWCOMB**  
*Bavarian News*

U.S. Army Garrison Grafenwoehr’s Better Opportunities for Single Soldiers program held their inaugural BOSS Bash, Sept. 25 at Little Mike Lake at South Camp.

All single Soldiers from USAG Grafenwoehr were invited to attend the festivities. There was plenty of food on the grill, sports to play and DJ MCM was there to add some tunes to

the celebration.

According to USAG Grafenwoehr’s BOSS President Cpl. Robert Shomper, the BOSS Bash was a hit. Shomper hoped the event would encourage more participation in the BOSS Program. “This is strictly an engagement for single Soldiers to get out of work early, come out and have some fun,” Shomper said. “What I am trying to do is get the interest level back in BOSS.”

2nd Stryker Calvary Regiment BOSS Representative, Spc. Karim Halim, came out

to the BOSS Bash to play some volleyball and get the word out to single Soldiers about the advantages of BOSS. Halim has high hopes for the BOSS Program and wants to start mending some broken fences in the program as well as in the community. “You see all these different faces and different races, that’s real good ... (BOSS) is an opportunity for single Soldiers to come together but I want it to be more than that,” Halim said.

The “I.A.M. Strong” campaign has teamed up with BOSS for 2009 which brought more guests to the BOSS Bash. Deployable Sexual Assault Response Coordinator for 2nd Stryker Cavalry Regiment, Sgt. 1st Class Manuel Colon and Assault Response Coordinator, Frank Pavone set up a table with pamphlets and cards. “Many of the soldiers are not aware that BOSS has teamed up with ‘I.A.M. Strong’ so we are trying to make them aware of this,” Colon said.

The main goal of the “I A.M. Strong” campaign is to educate civilians and military personnel on the prevention against sexual assault and sexual harassment. “The ‘I A.M. Strong’ program is huge and hopefully we are going to put a dent in sexual assault and make people aware,” Shomper said.

People should also be aware that BOSS has moved to building 151 next to Andrews Federal Credit Union. The new USO/BOSS lounge had their grand opening Monday, September 28th. The new lounge is roomy with plenty of things to do from playing pool to using the air hockey and foosball tables. “We partnered up with the USO and this is what we came up with,” Shomper said.

Future plans for the BOSS Program include making cards for single Soldiers to use in order to reap the benefits of being single. “(BOSS) technically does not have a membership,

however we are working on cards for single soldiers so they can go to places like the bowling alley for \$1 bowling and get discounts at some of the stores like JAVA Café,” Shomper said. The BOSS Program cards should be available by January 2010.

BOSS also works with Outdoor Recreation to get single Soldiers out of the community and sometimes out of the country on trips. “It gives the single Soldiers, geographical bachelor’s and single parents a chance to get out of their rooms instead of staying on post without costing them a fortune ... It also gives us a chance to get them involved with the surrounding communities,” Shomper said.

For the busy month of October BOSS is sponsoring an event called “Player’s Night.” The event will take place at the sports bar in Vilseck October 8th; all single Soldiers are invited to attend. “We are trying to get them to dress and impress,” Shomper said.

BOSS and the Vilseck Kontakt Club have partnered up to create a haunted house at the castle in Vilseck for the community. There will also be two Halloween parties for single Soldiers at the new BOSS lounge in Grafenwoehr and at the sports bar in Vilseck. The haunted house and both Halloween parties will commence October 31st at 8 p.m.

In advance, for the month of December, BOSS is planning their Christmas Party to fall during the first week of December before block leave begins. BOSS is also working with the Kontakt Club on a program called “Adopt a Soldier for Christmas.” This will be for single Soldiers staying in USAG Grafenwoehr for the holidays. “We have local national families who are willing to open their homes to these soldiers to come spend Christmas with them,” Shomper said.



Single Soldiers from U.S. Army Garrison Grafenwoehr come together for a game of “Volleyball” during the inaugural BOSS Bash September 25th at Little Mike Lake at South Camp.

## Sgt. Morales Club inducts new members

by Staff Sgt. LYTTLETON  
**YATES**  
*JMTC Public Affairs*

The Joint Multinational Training Command, in August, proudly sponsored the New Bavarian Chapter of the distinguished Sergeant Morales Club and announced its newest Inductees.

Inducted were Sgt. 1st Class Aaron Beckman of Company C, 7th U.S. Army Noncommissioned Officer Academy and the 2009 United States Army Europe NCO of the Year, Sgt. 1st Class Eric Q. Jackson of Company C, 7th U.S. Army Noncommissioned Officer Academy, Staff Sgt. Alvin T. White of Company D, 793rd Military Police Battalion, Staff Sgt. Jeremy De Jesus of Company C, 173rd Airborne Brigade Combat Team Support Platoon, and Sgt. Rachel L. Singratsomboune from the 4th Squadron, 2nd Stryker Cavalry Regiment.

These NCOs consistently lead by example and demonstrate the highest qualities of leadership. They are the epitome of professionalism and have a true and genuine concern for the welfare of their Soldiers and families.

The SMC was established in 1973 by Lt. Gen. George S. Blanchard to promote the highest ideas of integrity, professionalism and leadership for the enlisted force serving in Europe.

Much like the Audie Murphy Club (AMC) in the States, the SMC honors those Europe-based Soldiers, between the ranks of corporal and sergeant first class, those who exemplify what it means to be a noncommissioned officer.

The Club takes its name from a legendary soldier. Sgt. Morales was of Puerto Rican descent, a high school dropout with only a limited command of English. But his work ethic and devotion to the welfare of his soldiers earned him the admiration of his fellow Noncommissioned Officers.

Sergeant Morales led by example, particularly when it meant getting his hands dirty.

It’s on those traits that Sgt. Rachel

L. Singratsomboune hopes to build a foundation for a career in the Army.

“Being a leader is more than just being at work,” said Singratsomboune. “It’s being there when they need you, when there’s a problem, or just going that extra step in training to make sure your soldiers and everyone around you is up to speed and knows what’s going on.”

Soldiers are nominated for the club by their unit’s first sergeant. Then they must go through an extensive selection process consisting of no less than three board appearances starting at battalion, to brigade and then USAREUR. These are situational, no point boards and all board members must be in complete agreement of your accession to the next level.

Only those NCO’s who demonstrate outstanding leadership abilities, and who live by the Seven Army Values and Warrior Ethos are admitted into the SMC.

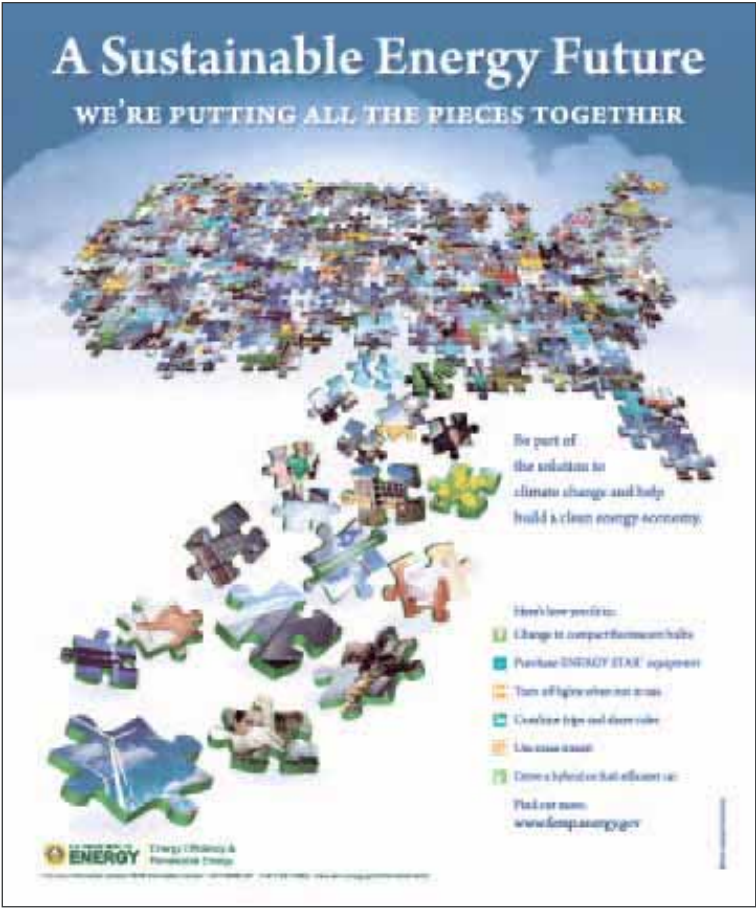
What does it mean to become a member of such a prestigious club?

“It is the culmination of a lot of hard work, and requires a lot of dedication to set yourself above your peers,” said Jackson. “It shows younger soldiers you don’t just stop going to boards when you reach the ranks of SSG - to better yourself you continue.”

When asked if his experience as a senior NCO has helped, Beckman said, “Yes it does.”

“It’s a big step, something I’ve been looking forward to for a while to hopefully help other Soldiers achieve the same standards that I’ve been shooting for myself,” he said. “Anyone can pick up a book and understand to do sponsorship I look in AR 600-8-8. But, when you actually have to bring a Soldier in from another unit and integrate him into the team, having that experience helps out a lot more when it comes to these boards.”

Membership in the SMC is not limited to only military. Civilians can also be recommended for honorary membership and must complete the four-phase selection process found in AE Reg 600-2.



## Conservation awareness

October is Conservation Awareness month. The US Army Garrison Grafenwoehr reminds the community of this important event. Look for information on no-cost ways to conserve energy in the upcoming issue of the Bavarian News.

Courtesy graphic



*Lift up  
your spirit*

A member of the cast of the Lift Your Spirits tour gets the audience to join in during a song of praise Sept. 22 at the Grafenwoehr Performing Arts Center. The performance was part of a gospel music tour sponsored by Installation Management Command Europe.

Photo by Troy Mason



# Team Blackfoot returns from eight months in Afghanistan with tactics, techniques to share

by **TODD OLIVER**  
*JMRC Public Affairs*

Soldiers of Company B, 1st Battalion, 4th Infantry Regiment arrived home Sept. 18 after redeploying from an eight-month deployment to Afghanistan in support of Operation Enduring Freedom.

"We worked with both the local Afghan National Army and the Afghan National Police as well as with local leaders," said Staff Sgt. Azhar Sher, a squad leader with the unit. "We worked toward building better relations with local leaders."

The 1-4 is the only conventional unit in the U.S. Army to maintain a continual presence in Afghanistan. Since 2004 it has deployed a company-size unit during each International Security Assistance Force rotation, during which they are attached to the Romanian Land Forces serving in Afghanistan's Zabul province. Their mission is part of an ongoing joint partnership between the two countries in support of NATO.

"The best part was the interaction with the local population," said Staff Sgt. Muhammadun Abdallah, also a squad leader. "Our previous deployments were more combat-oriented. This time we were able to focus more on working with the local civilian population."

Although the continual presence in Afghanistan helps the people there, the 1-4 also adds realism to the training mission at home station. When not deployed, the 1-4 serves as the opposing forces at the Joint Multinational Readiness Center in Hohenfels, passing on lessons-learned downrange to Soldiers preparing for future deployments.

As if in sync, both squad leaders said the hardest part of deployment was dealing with the threat of the improvised explosive devices and the violence.

The company knows all too well what IEDs can do. Capt. Mark Garner, Team Blackfoot commander, and a Navy ordnanceman were killed by an IED while on patrol July 6. To keep the likelihood of such incidents as low as possible, Soldiers say they worked with local

leaders to find and safely destroy IEDs.

"By working with the local key leaders they would many times provide us with intelligence about possible improvised explosive devices," said Sher. "Many, many times they gave us intelligence that led to our discovering those IEDs."

Sometimes the locals even went out and showed them where the IEDs were located, said Sher.

"It was the same in our area of operations. We focused very heavily on key leader engagements ... building those relationships paid off," said Abdallah. "The hardest part was trying to react to warnings from the local leaders, often times we would be unable to react in time to those warnings...by the time we got there the Taliban had fled."

For Capt. Jason Basilides, second platoon leader, it was the best of both worlds. Being so isolated had both its perks and its drawbacks.

"We were a platoon all by ourselves. We had a squad of eight Afghan National Army soldiers that worked with us," said Basilides. "It was both training and an operational mission. But one of the hardest parts was the logistics. We were very isolated and everything that we got had to come by air, either by helicopter or by parachute or sometimes it would not come at all."

But he said isolation also came with its benefits. "I had almost complete autonomy, more than a typical platoon leader would have had. Normally you work very closely with the other platoons in the company but there we were so spread out we had the ability to act on our own," he said.

After completing reintegration training, Bravo Company will be taking leave to visit with friends and family or to just relax. But not before knowing that their experiences in Afghanistan have brought them first-hand, personal knowledge of today's tactics, techniques and procedures, as well as the current battlefield trends as they relate to both U.S., allied and combatant forces deploying there: well-learned lessons they can pass on to others.



**Spc. Christopher Spositi, Company B, 1st Battalion, 4th Infantry Regiment, embraces his son upon returning to Hohenfels Sept. 18 after eight months in Afghanistan. The 1-4 is the only conventional unit in the U.S. Army to maintain a continual presence in Afghanistan.**

*Photo by Troy Darr*

## TEAM BLACKFOOT COMPLETES THEIR MISSION



*Photos by Staff Sgt. Adam Mancini*

**Above: Sgt. 1st Class Jarrod Gozy gives a toy to a wounded Afghan child in a hospital at Kandahar Air Field, Afghanistan April 10, 2009. Left: Spccs. Spositi and Bugher fire a 120 mm illumination round in celebration of Afghan New Years at Forward Operating Base Baylough in the Zabul province of Afghanistan March 19, 2009.**



**From right: Staff Sgt. Lech Szczawinski and Spccs. Berchell Francis and Timothy Donovan clean a 120-mm mortar system at Forward Operating Base Lagman, Afghanistan, April 15, 2009.**



**Pfc. Wesley Gatewood fights the current while crossing a river during a dismounted patrol mission near Forward Operating Base Baylough in the Zabul province of Afghanistan March 17, 2009.**



# 173rd Airborne Brigade Combat Team celebrates historic brigade Banner Day

by **KRISTIN BRADLEY**  
*Bavarian News*

After three intense weeks at the Joint Multinational Readiness Center training for their fourth deployment in six years, Soldiers from the 173rd Airborne Brigade Combat Team and their families spent Sept. 13 celebrating Sky Soldier Banner Day at U.S. Army Garrison Hohenfels.

Split between three locations—Bamberg and Schweinfurt, Germany and Vicenza, Italy—the brigade rarely

finds themselves together in the same location, making the day after the conclusion of their training the perfect opportunity to engage in a day of games, sports and team building.

“Banner Day presents a unique opportunity for Sky Soldiers and Family members from our three home stations to assemble in one location. The goal of this rare occasion is for members of our team to relax after a challenging exercise and bond through athletic competition and events,” said Col. James Johnson,

brigade commander.

Soldiers kicked the day off early with a 6:30 a.m. start for the first ever brigade run in a formation that spread almost the entire length of Hohenfels’ main post road.

The run ended on the high school football field for a brigade photo before the thousands of Soldiers and family members filed into two fest tents big enough to rival any at Oktoberfest.

“After three weeks of hard work to have the opportunity to do things we do in our off time helps develop teamwork,” said 1st Lt. Matt Shuba of Bravo Troop, 1st Squadron, 91st Cavalry Regiment. “You have PVT playing football with his NCOs and LTs. It’s good to see people develop teamwork in a non-work environment.”

Soldiers had plenty of time to develop teamwork through friendly competition in numerous events such as combat cross country, basketball, football, beach volleyball, the Strongest Sky Soldier weightlifting event, HMMWV push, tire flip, and the fan favorite tug-o-war.

“It is good to get the whole brigade together. We all have buddies in other units and competition between units strengthens esprit de corps,” said Shuba.

Though building teamwork amongst Soldiers was one aim of the event, celebrating the families of Sky Soldiers was also on the agenda.

There were numerous activities for children, from games and crafts to inflatable bouncers, and families both with and without children could be seen spending time together as they lounged on blankets in the grass.

“When we’ve been away for a long time and will be deploying, it’s important to have a huge family event like this. It’s important to involve them in our mission—what we do and what we stand for,” said Capt. Jonathan Mecham, Headquarters, Headquarters Company, whose wife made the trip from Vicenza to participate in the event.

“After they deploy we will look back on this,” said Crystal Marschewski, a spouse from Schweinfurt.

Those memories for families and Soldiers alike are why the staff from USAG Hohenfels Family, Morale, Welfare and Recreation put all their effort into coordinating an exceptional event, said Stacye Downing, FMWR director.

“We felt honored and privileged that



Photo by Norbert Wittl

**Soldiers of the 173rd Airborne Brigade Combat Team participate in the unit’s first ever brigade run Sept. 13 at U.S. Army Garrison Hohenfels.**

they were giving us the opportunity to support such a huge initiative,” said Downing. “Every single person is really committed to taking care of Soldiers and families; it doesn’t matter where they’re stationed.”

At the end of the day, Johnson thanked USAG Hohenfels and the FMWR staff for their hard work and spoke to Sky Soldiers about what Banner Day means for the brigade.

“When you’re faced with the

toughest of challenges when you’re deployed, when you reach inside of you for what you need to make the right decision, you’ll make it because of the Sky Soldier on your left and right and that’s why today was important,” said Johnson. “We tightened that bond as a team and we reinforced the purpose of our existence as an airborne brigade combat team and for that I am proud of you.”



Photos by Troy Darr

**Above: Soldiers from the 4th Battalion, 319th Airborne Field Artillery Regiment put their all into a game of tug-o-war during the 173rd ABCT Banner Day Sept. 13 at U.S. Army Garrison Hohenfels. Below: A Soldier from the 1st Squadron, 91st Cavalry Regiment cheers on his unit as they compete in a sporting event with another unit of the 173rd.**



## 527th Military Police to take over law enforcement duties

Story and photo by  
**KRISTIN BRADLEY**  
*Bavarian News*

The unit that recently completed a 15-month mission in Afghanistan is now moving on to another, very different mission here at home as a section of the 527th Military Police Company is set to take over the Community Law Enforcement responsibilities at U.S. Army Garrison Hohenfels come October.

The two platoons of the 527th located at Hohenfels—the company also has platoons in Grafenwoehr and Ansbach—will take the CLE mission over from the Hohenfels platoon of the 615th Military Police Company, another unit also split between multiple locations.

On Oct. 1 the units will experience another change as the Hohenfels personnel of the 615th MP Co. are reassigned to the 527th.

The 527th began training for their new mission Sept. 1. Staff Sgt. Stephen Carroll, 527th operations sergeant, said part of the focus of the training is to help transition Soldiers from 15 months in a combat zone to a mission in garrison.

“Our main mission downrange was training the ANP (Afghan National Police). There is a tactical mindset; you are constantly on alert. You don’t have to be as intense here,” said Staff Sgt. Scott Wells.

“The purpose of training is to get them back into the feel of law enforcement,” said Carroll.

2nd Lt. Ryan Doherty said training Soldiers

for their CLE mission has included arresting techniques, provost marshal standard operating procedures, self defense classes and various situational exercises.

“We train so if it would happen on the job you would know what to do,” said Doherty.

Doherty and Wells said once the 615th personnel come under the 527th umbrella the unit will begin ride-alongs where 527th Soldiers will ride with former 615th Soldiers during patrols of housing areas.

“If they are in the car and they have to respond to an incident, they’ll see right then and there that this is how you do it,” said Doherty.

Maj. Michael Zink, garrison provost marshal, said the former 615th Soldiers will bring valuable experience to the unit, especially to the many young Soldiers new to CLE.

Though Carroll said there may be some differences between the way the 527th performs and the way the 615th executed their CLE duties, the goals will remain the same.

“We want to continue enforcing the standards in place while we get a feel for the community,” said Carroll. “We want to have good community relations and make sure civilians stay safe. We will perform the duties to the best of our ability.”

“Then purpose of all this training is to keep personnel, Soldiers, families, civilians, to keep them safe so their can do their job,” said Doherty. “So we train them as best we can here and prepare them for scenarios they might encounter. The better we train the better they’ll be when they have the job to do.”



**Sgt. Elie Gooch, followed by Pvt. Ryan Costa and Spc. Steven Fetner, jump a fence before running the last leg down to the range and firing their weapon during a situational stress fire exercise Sept. 17. The Soldiers are members of the 527th Military Police Company that will soon assume Community Law Enforcement responsibilities for U.S. Army Garrison Hohenfels.**



# What's Happening

## Grafenwoehr/ Vilseck Briefs

### Job fair

A job fair will be held Rose Barracks Vilseck tomorrow from 9:30 a.m. to 3:30 p.m. at Bldg. 227, the Soldiers and Family Assistance Center.

This event is sponsored by Warrior Transition Unit, ACS, ACAP, and MWR. For more, call DSN 476-2650.

### Holiday greeting

Send a holiday video greeting to your folks back home this holiday season.

An Army and Air Force Hometown News Service team from San Antonio will be coming to record holiday greetings for broadcast on television and radio stations in all 50 states and U.S. territories.

- The team will be in Grafenwoehr: Oct. 2 from 11 a.m. to 5 p.m. in front of the PX.

- The team will be in Vilseck Oct. 3 from 11 a.m. - 5 p.m. in front of the Food Court, near Commissary.

All Soldiers, family members, government civilians and retirees are urged to participate in this year's Hometown Holiday Video Greetings program; Soldiers must be in uniform. Don't forget to bring the complete address and telephone number of your family in the U.S.

### Hispanic American celebration

Join us Oct. 3 at Memorial Fitness Center (South Camp, Vilseck) for free live band "Los Mulatos;" folkloric dances; ethnic food sample; giveaways and much more.

For more, call DSN 475-8038 or DSN 476-5386.

### Dining with the Kontakt Club

Join the Vilseck Kontakt Club Oct. 3, German Unification Day, at the Chinese Restaurant "Liu" in Weiden.

Meet at 6 p.m. at the Vilseck Schwimmbad. (Outdoor Pool) Carpooling with POVs. Please sign up with [daniel.koenig.vilseck@t-online.de](mailto:daniel.koenig.vilseck@t-online.de).

### CFC kick-off ceremony

The U.S. Army Garrison Grafenwoehr hosts the Combined Federal Campaign - Overseas Kick-off Ceremony Oct. 5 in Bldg. 101 (DFAC East Camp) at noon. Col. Sorenson will give opening remarks and cut the cake.

### VCSC Crown Jewel Bazaar

Hosted by Grafenwoehr and Vilseck Community and Spouses' Club Oct. 16-18. The bazaar will be located in the Grafenwoehr Field House, Bldg. 547

Come and be treated like royalty at this year's Crown Jewel Bazaar. There will be more than 50 of Europe's finest vendors with signature merchandise from Italy, Poland, and many more

Ribbon Cutting on Oct. 16 at 11 a.m.

### Water Buffalo inspections

Commanders and 1SGs, take advantage of this opportunity to get your Water Buffalos Inspected Oct. 28 by preventive medicine. The 71st Medical Detachment along with BMEDDAC will be conducting water buffalo inspections from 9 a.m. - 4 p.m.

The inspections will be located at the Grafenwoehr wash rack, across the street from Organization Maintenance Activity.

For more, call DSN 475-7466 or email [dexter.mcduffie@eur.army.mil](mailto:dexter.mcduffie@eur.army.mil).

### Cub Scout registration

Grafenwoehr Pack 261 and Netza-berg Pack 49 are looking for first-through fifth-grade boys and volunteers for this Cub Scouting year.

Email [Pack261grafenwoehr@yahoo.com](mailto:Pack261grafenwoehr@yahoo.com) or [Pack49netzaberg@yahoo.com](mailto:Pack49netzaberg@yahoo.com) for more information.

### Command information survey

How do you get information on garrison events, programs and activities?

Completing this short 6-question survey will give us valuable insight on how we can improve information delivery to you. The survey is available at [www.grafenwoehr.army.mil](http://www.grafenwoehr.army.mil).

### Antique Hunt Club

The Vilseck Community and Spouses Club's "Antique Hunt Club" heads to a variety of destinations each month to find great European antique treasures.

The club meets the first Tuesday of each month and car pool from the Vilseck Commissary at 9 a.m. and return by 3 p.m. For more call CIV 0173-4531837.

### AL-ANON

AL-ANON meets every Thursday at 7 p.m. at Counseling Center (downstairs), Building 206 (near CDS) in Grafenwoehr.

For more, call CIV 0171-983-9151.

### AAFES now hiring

Please stop by your local Human Resources Office or go on-line at [www.aafes.com](http://www.aafes.com) to apply.

### VFW Open House

The Grafenwoehr VFW offers a weekly open house every Wednesday at 5 p.m. Business meetings are held on the second Tuesday of each month at 6 p.m. For more, call CIV 0160-91423858 or CIV 0151-58824074

### Volleyball Open Gym

The Vilseck High School Lady Falcon volleyball program is pleased to announce the start of a competitive open gym for the community through Oct. 28.

The team is looking for experienced volleyball players who yearn for a higher level of competition, particularly females wishing to play on a women's net.

All high level "experienced" volleyball players - men and women - are welcome to play.

The competition is held Wednesday evenings from 5-7 p.m. at VHS Gym. For more Information, call CIV 015-226-972948.

### Craft shop events

For more on craft classes, call DSN 475-6101, CIV 09641-83-6101.

- Framing Classes are held second Wednesday each month from 6-9 p.m. and the 4th Saturday of the month 9 a.m. to noon. Cost: \$35 + supplies.

## Garmisch Briefs

### "Stomp"

Enjoy this very athletic theater piece in Munich at the Circus Krone Sept. 29-Oct. 4, cost 29-59 Euro (children under the age of 16 are half price).

For more, call DSN 440-2638, CIV 08821-750-2638.

### Rothenburg Meistertrunk

Visit the famous walled city of Rothenburg ob der Tauber October 3, and watch the Meistertrunk, a reenactment of the morning of October 30, 1631 when the city was surrounded by the emperor's troops facing the pending plunder and destruction of their fine city. See how this city was saved!

Departs 6 a.m. Cost is \$39.

For more or to sign up, Call DSN 440-2638, CIV 08821-750-2638.

### Top Chef, Garda See

Join us for the vacation of a lifetime Oct. 9-12. Cost is \$450 per person.

The best trips are the ones that teach you something new - this trip includes two days of cooking classes in a villa, three nights in a lakeside apartment for two, pool, sauna and breakfasts on the terrace.

For more or to sign up, call DSN 440-2638, CIV 08821-750-2638.

### "Ben Hur Live"

Watch the classic theatre Oct. 30-31, cost €120 at the Olympic Hall in Munich. Show includes the recreation of the famous chariot race.

For more, call DSN 440-2638, CIV 08821-750-2638.

### Thanksgiving in Paris

It has become a tradition - like the turkey! Call DSN 440-2638, CIV 08821-750-2638 for cost and details.

## Hohenfels Briefs

### Holiday greetings

The Joint Hometown News Service team from San Antonio will be traveling to Hohenfels on Oct. 1 to record holiday greetings for broadcast on television and radio stations in all 50 states and U.S. territories.

The team will be set up in front of the Warrior Sports Café from 10 a.m. to 1 p.m. and in front of the Main Post Exchange from 2 to 6 p.m.

For guidelines and more information, see the Hohenfels Hometown Happenings on [www.hohenfels.army.mil](http://www.hohenfels.army.mil).

### WIC nutrition class

WIC Overseas is hosting nutrition education classes open to the entire Hohenfels community every first Thursday of the month from 10:30 to 11:30 a.m.

October's class on Oct. 1 is about nutrition during pregnancy. Whether you are already pregnant or thinking about getting pregnant, this is a class you don't want to miss.

Get all the important information to ensure you and your baby have a happy and healthy nine months. Classes are held in Bldg. 10, room 121.

Reservations are not needed to attend the class. For more information call DSN 466-4601.

### Trip to Munich Oktoberfest

Enjoy the original Oktoberfest in Munich with ITR. The bus will depart Hohenfels from ODR, Bldg. H15.

On Oct. 3 the bus will leave at 8 a.m. and return around 1 a.m. On Oct. 4 the bus will depart at 8 a.m. and return at 10 p.m.

Cost is \$35 per person and includes transportation to and from Oktoberfest. Seating is limited to the first 50 people.

For more, call DSN 466-2060.

### KONTAKT Club Hohenfels

- Oct 4: Trip to Riedenburg Falconry and Freedom Hall. Cost is 9 euro for adults and 4 euro for kids age 5 to 15. Bus transportation is provided, seats are limited. Call to sign up.

- Oct 7: Monthly club bowling night at Lane 17 bowling alley on post, from 7 to 9 p.m.

The KONTAKT Club is a German-American friendship organization sponsored by the U.S. Army that includes Soldiers, families and other Americans supporting U.S. Army Garrison Hohenfels and German citizens from the surrounding communities.

The Hohenfels community is invited to participate in the club's upcoming activities.

For more information or directions to the events call the Public Affairs Office at DSN 466-2457, or visit the club's Web site at [www.kontaktclub-hohenfels.org](http://www.kontaktclub-hohenfels.org).

### Combined Federal Campaign

U.S. Army Garrison Hohenfels will kick-off the Combined Federal Campaign Oct. 5 from 11 a.m. to 1:30 p.m. at the Warrior Sports Café.

All members of the community are invited to attend. The mission of the CFC is to support and to promote philanthropy through a voluntary program that is employee-focused, cost-efficient and effective in providing all federal employees the opportunity to improve the quality of life for all.

For more information about the campaign contact your unit representative or go to [www.cfcoverseas.org](http://www.cfcoverseas.org).

Unit representatives can get more information from Cathryn Young, CFC community/area project officer, at DSN 466-4103 or email [cathryn.young@eur.army.mil](mailto:cathryn.young@eur.army.mil).

### Motorcycle rider course

An expert riding course will be offered Oct. 5 from 9 a.m. to 5 p.m. at the Albertshof Hardstand 3. For questions contact Hans Hammer at DSN 466-2865.

### Fire Prevention Week

- Oct. 5: The Hohenfels Fire Department will have Fire Safety Training Day for all members of the Hohenfels Community to include Soldiers, family members, civilian employees, DPW workers and contractors at the CAC, Bldg. 40.

Fire Safety and Extinguisher Training will be offered in the German language from 8-9:30 a.m. and from 1-2:30 p.m. Fire Safety and Extinguisher Training will be offered in the English language from 10-11:30 a.m. and from 3-4:30 p.m.

- Oct. 6: A Fire Safety Information Display will be at the Hohenfels Commissary with games and quizzes from 10 a.m. to 4 p.m.

- Oct. 7: A Fire Safety Information Display will be at the Hohenfels PX with games and quizzes from 10 a.m. to 4 p.m.

- Oct. 8: Fire Safety Day will be held at the Hohenfels Fire Station from 9 a.m. to 5 p.m. Fire Safety Day will include real fire demonstrations, a vehicle accident extrication demonstration, games and competitions for the whole family, a bouncing castle, food and sodas by B.O.S.S. and more.

- Oct. 9: Fire safety education will be held for Hohenfels Elementary School from 8 a.m. to 3 p.m.

Throughout the week, the fire department will conduct fire evacuation drills throughout the entire community. Review your evacuation procedures and

be prepared.

For more information call Martin Birkhahn at DSN 466-4679/2858.

### Education center services

- Oct. 7: The ACT will be given at 8:30 a.m. The initial test is free for the military. This test usually takes six to eight weeks to get the results back. The tests at the Education center are primarily for entrance into the officer candidate programs.

High School students need to contact the Hohenfels High School for National Test Dates for the SAT and the ACT.

- Oct. 14: The DLAB will be given at 9 a.m. You must have a DA Form 4187 signed by the commander.

- Oct. 21: The AFAST will be given at 9 a.m. You must have a GT of at least 110 and a DA Form 4187. For more information call Bobbi Jensen at DSN 466-4040. The Testing Services are offered in Bldg. 351.

### Trip to Asian Dragon Bazaar

Start your Christmas shopping early with ITR in Cheb, Czech. ITR will take you to one of the largest bazaars of its kind in Cheb, Czech with more than 600 sale stands to chose from.

The stands offer a wide variety of products to include Bohemian glass and porcelain, gifts and souvenirs, and a large assortment of seasonal clothes, shoes, garden dwarfs, sculptures and much more.

Enjoy dining in one of the seven different restaurants.

Bus will depart Hohenfels from ODR, Bldg. H15, at 8 a.m. Oct. 7 and return to Hohenfels around 2:30 p.m. The cost is \$35 per person and seating is limited to the first 50 people. Call DSN 466-2060 to reserve your seats today.

### ITR Polish Pottery shopping

Poland is traditionally known for its handcrafted goods such as the well-known Polish Pottery. One of the most popular cities to find the renowned ceramics is in Boleslawiec.

Enjoy a full day shopping for the traditional white and navy-blue crockery decorated with spots, circles and small stylized flowers.

The bus will depart Hohenfels from ODR, Bldg. H15, at 4 a.m. Oct. 10 and return to Hohenfels around 11 p.m. The cost is \$65 per person and seating is limited to the first 50 people. Call DSN 466-2060 to reserve your seats today.

### Texas Hold'em, Bunco

MWR patrons are welcome to enjoy themselves in either Texas Hold'em or Bunco Oct. 16 at the Zone.

The registration fee for Texas Hold'em is \$25 which includes a light buffet. Bunco registration fee is \$10 which includes a light buffet.

Doors will open at 5:30 p.m. and the games will begin at 6:30 p.m. For more information call DSN 466-2060.

### Trip to Arevita Spa

ITR is going to the Arevita Spa in Amberg Oct. 21 where you will enjoy a standard facial, eyebrow and half-leg waxing or manicure or pedicure, full body massage, sauna, steam bath and "waterbed" and a light lunch.

The bus will leave at 8 a.m. from ODR and will return around 2:30 p.m. Each trip is limited to eight guests. The cost is \$110 per person. Other services may be selected upon arrival to the spa.

Make sure to bring Euros and they do accept the VAT form. For more information or to sign up call DSN 466-2060.

## USAG Grafenwoehr Invitational

# Open Style Martial Art Tournament

October 17, 2009

Graf PFC Bldg. 170

Registration at 8 a.m.  
Tournament starts at 10 a.m.

Kids traditional Kata,  
ages 4-13  
Adult traditional Kata,  
ages 18 and up  
Team Kata  
Weapons  
Kids Kumite  
Adult Kumite

\$15 for children  
under 13  
\$20 for ages  
18 and over

This Open Style Martial  
Art Tournament is limited  
to only striking martial  
art style; it is not open  
to grappling forms,  
such as Judo, Brazilian  
Jujitsu, etc.

For more information call the East Camp  
Sports Office at DSN: 475-8207 or  
SKIES at DSN: 475-9392  
or email [usag\\_graf\\_sports@eur.army.mil](mailto:usag_graf_sports@eur.army.mil)



**Candle Light Vigil**  
October 7  
6 p.m.  
vilseck Chapel

In Honor of  
Domestic Violence  
Awareness Month  
Crisis Hotline: 00662-833217



# What’s Happening

## Ansbach Briefs

### Domestic Violence Prevention

Ansbach’s Family Advocacy Program is supporting the Hands and Words are Not for Hurting Project as part of the Army’s observance of Domestic Violence Prevention Month in October. The project will make appearances at installation gates to offer information about the program.

- Katterbach Gate - Oct. 5 and 6 from 7:30-10 a.m.
- Shipton Gate - Oct. 7 from 7:30-10 a.m.
- Storck Barracks Gate - Oct. 8 and 9 from 8:30-10 a.m.

The project will also give community members a chance to make a pledge to end domestic violence at area dining facilities.

- Katterbach DFAC - Oct. 14.
  - Shipton Kaserne DFAC - Oct. 23.
  - Storck Barracks DFAC - Oct. 26.
- For pledge times or more information on the project, call DSN 467-2516, CIV 09802-83-2516.

### Barton Gym Closure

The Barton Gym is closed for renovations through Feb. 23.

### Wiggles & Giggles

Ansbach Army Community Service hosts its Wiggles & Giggles Playgroup weekly at Katterbach, Storck Barracks and Bleidorn.

The group is for children ages birth to 4 years and their parents to get together, socialize and make new friends.

Wiggles & Giggles takes place Tuesdays from 10-11:30 a.m. at the Bleidorn Community Library; from 10-11:30 a.m. Wednesdays at the Storck Barracks ACS classroom; and 10-11:30 a.m. Thursdays at the Katterbach Chapel in the downstairs children’s chapel.

For more, call DSN 467-2516, CIV 09802-83-2516.

### BOSS lounge, event

Ansbach’s Better Opportunities for Single Soldiers program offers a glacier ski and board tip to Solden, Austria Oct. 9-12.

The trip costs 250 Euros and features a three-night stay, three breakfasts and two dinner, free ski test of equipment and a party all at a three-star hotel with a sauna.

Ansbach BOSS Soldiers also get free ski or snowboard equipment from outdoor recreation.

The local BOSS program features a lounge in the basement of the Von Steu-

ben building on Bismarck Kaserne. The BOSS Lounge features Jam Night on Thursdays, Poker Night on Fridays, Club Night on Saturdays and Lounge Night on Sundays. Hours are 5-10 p.m. Sunday through Thursday, and 5 p.m. to midnight Friday and Saturday. For more on the trip, the lounge or other BOSS programs, call DSN 467-2921, CIV 09802-83-2921.

### Europe on a budget

Find out how to travel Europe on a budget and gather ideas on places to go and things to see at a meeting from 9-11 a.m. Nov. 9 at the Storck Barracks Army Community Service. Seasoned travelers are also invited to come and share their travel tips. For more, call DSN 467-4555, CIV 09841-83-4555.

### Now hiring

The Ansbach Spouses and Civilians Club Thrift Store is hiring for various positions. People interested should stop by the store on Katterbach for an application.

The Ansbach Thrift Store is open Tuesdays and Wednesdays from 10 a.m. to 2 p.m. and Thursdays from noon to 6 p.m.

For more, call CIV 0176-631-07391.

### Foster parents needed

The Army Community Service Family Advocacy Program is looking for interested families to become emergency foster care providers.

The EPC program provides substitute family care for children over a planned period of time when children’s own parents are unwilling or unable to care for them.

If you are interested, call DSN 467-2146, CIV 09802-83-2146.

### Personnel’s new hours

The Ansbach Military Personnel Division has new operating hours for its offices.

- ID card section - Mondays, Tuesdays, Thursdays and Fridays from 8 a.m. to 4 p.m., with last customer sign in at 3:45 p.m. Wednesdays are for appointments only.
- Installation Access System - Mondays-Fridays from 8 a.m. to noon and 1-4 p.m.
- Passport section - Mondays, Tuesdays and Thursdays from 8 a.m. to 3:45 p.m. Fridays the office is closed from 8 a.m. to 1 p.m. for training and open from 1-4 p.m. Wednesdays are for appointments only.
- Reassignment actions - Mondays-

Thursdays from 8 a.m. to noon and 1-4 p.m. Fridays the office is closed from 8 a.m. to 1 p.m. for training and open 1-4 p.m. Wednesdays are for appointments only. For more, call DSN 467-2630, CIV 09802-83-2630.

### Instructors wanted

Ansbach’s Schools of Knowledge, Inspiration, Exploration and Skills Unlimited is looking for people willing to share their expertise with community youth is a variety of skills and earn money in the process. Child, Youth and Schools Services’ SKIES Unlimited program needs instructors in culinary arts, art, hip hop dance, voice and German language. For more, call DSN 468-7303, CIV 0981-183-303.

## Schweinfurt Briefs

### Learn German language

Learn basic German words and phrases to ease living in a foreign country. Attend the Army Community Service beginning German class Mondays, Wednesdays and Fridays starting Oct. 5 in the Yellow Ribbon Room from 11:30 a.m. to 1 p.m. Call CIV 09721-96-6933 to reserve a seat.

### Racquetball tourney

Join the community racquetball tournament Oct. 10 at the Kessler Fitness Center from 9 a.m. to 2:30 p.m. Registration for the tournament is open tomorrow through Oct. 8 to male and female ID cardholders age 18 and older. Participants receive a free T-shirt and top three winners in each division get awards. Call the fitness centers at CIV 09721-96-8234, CIV 09721-96-6735 for more.

### Support non-profits

Your chance to donate money to a good cause begins with the Combined Federal Campaign kick off Oct. 5 in the Main Exchange lobby. Come witness the cake-cutting and enjoy a slice for yourself as well at 11:30 a.m. Find out about how you can support your favorite non-profit organization.

### Coffee lounge grand opening

The Ledward Library introduces its newest addition to its renovations to better serve the Schweinfurt community. Come to the grand opening of the new coffee lounge Oct. 6 from 12 to 1 p.m. Sip some java and check out some of the library’s best additions.

### Out-processing requirement

Effective Oct. 1, Soldiers preparing for separation from the Army will be required to make an appointment on Tuesdays or Thursdays with the Schweinfurt Education Center in order to out-process. Soldiers need to come prepared with their separation program designator code, which is obtained from the Schweinfurt Transition Center on Conn Barracks, bldg. 40. Also effective Oct. 1, the Schweinfurt Education Center will provide limited counseling and testing services by appointment only Monday through Friday 8 a.m. to 4 p.m. Testing services will normally be available Tuesday through Thursday of each week and counseling services will normally be provided on training holidays. Call CIV 09721-96-6919 for more.

### Health clinic appointments

There may be limited appointments and services provided by the Schweinfurt Health Clinic during the months of October and November due to the deployment mission of 1st Squadron, 91st Cavalry Regiment and the redeployment mission of the 172nd Infantry Brigade. For emergencies, dial 112 or go directly to Leopoldina Hospital.

### Holiday greetings

Send a televised greeting to your hometown for the holiday season. The Joint Hometown News Service is coming to the Schweinfurt Main Exchange Oct. 6 to tape a personalized message from

you and your family to broadcast in the U.S. Recordings will take place from 9 a.m. to 4 p.m. and servicemembers from all branches of service, their family members, and Department of Defense civilians are eligible to participate.

### Ramon’s extended hours

Ramon’s sports bar and grill, located above Finney Fitness Center, is now open from 10 a.m. to 11 p.m. Fridays and Saturday. Call CIV 09721-96-8707 for more.

### Watch community theater

The Schweinfurt community theater presents, “The Way of All Fish” by Elaine May at the Abrams entertainment center Oct. 8 and 15 at 7 p.m. Enjoy 40 minutes of sharp humor with sinister overtones in the power play between a high-flying executive and her meek secretary. Tickets are \$10 for adults and \$8 for youth ages 10-18. Call CIV 09721-96-6225 to reserve seats.

### Winterize your car

Learn all about winter tires at the Conn Auto Skills center vehicle winterization course Oct. 8 starting at 6 p.m. For more information, or to sign up, call CIV 09721-96-8224.

### Shop at textile market

The Ledward Crafts Studio invites the community to join a trip to the textile market in Michelstadt Oct. 10 or 11. Bus departs 8 a.m. and returns approximately 6 p.m. Bring euro to shop around at more than 60 vendors. A stop for refreshments is planned. To reserve a seat, call CIV 09721-96-6903.

### Free bowling

In recognition of domestic abuse prevention month, Army Community Services sponsors “Bowling-out stress” Oct. 9 from 11 a.m. to 2 p.m. Enjoy two free games, including free shoe rental. Soldiers, families, civilians and friends are all welcome to participate.

### Bulk trash

Bulk trash is scheduled to be picked up from Askren Manor, Yorktown Village and government-leased housing Oct. 13. Put bulk items out prior to 7 a.m. on day of pick-up but no earlier than the day before. Bulk trash is only those items too large to transport in your vehicle. For more, call CIV 0162-270-9403.

### Sign up for a night off

Do you need a night away from the kids to hang out with friends or relax

at home? Sign up now for the next Parent’s Night Out event Oct. 23 from 6:30 to 11:30 p.m. Deadline to sign up is Oct. 16. The program includes one meal and is available for children ages 6 weeks to fifth-grade for \$16. For more, call CIV 09721-96-6414.

### Newcomers orientation

Are you new to the Schweinfurt community? If so, then the five-day Schweinfurt Newcomers Awareness Program is the fit for you from Oct. 5-9. Free childcare is available the entire week. Get acquainted with the military community as well as the German town of Schweinfurt. Call CIV 09721-96-6933 for more.

### Foster parenting

Learn the requirements for becoming a foster parent at the Army Community Service class “Emergency placement care orientation” Oct. 9 or 23 from 9 to 11 a.m. Family-oriented people are sought to become a part of a professional team. Call CIV 09721-96-6933 for more.

### Learn to parent with ACS

Parenting is a difficult job and Army Community Service wants to offer ways to make it easier. Through a series of classes each month, parents can find helpful tips for raising great kids in the home. Call CIV 09721-96-6933 for more. ■ Love and Logic parenting Oct. 6, 13, 20

Parenting doesn’t come with a manual, but learning to become a “Love and Logic” parent may make the job a little easier.

Come to the class from 9 to 11 a.m. to discover your parenting style and learn tips on how to raise loving, respectful, and responsible children.

■ Parenting difficult behaviors Oct. 7 Learn how to handle misbehavior in public, exercise self-control and be an effective yet gentle disciplinarian. The class “1-2-3 Magic: Managing difficult behaviors” is held from 9 to 11 a.m. Free limited child care is available with pre-registry. ■ Daddy basics Oct. 7

New dads and dads-to-be are invited to attend the class “Daddy Basic Training” from 9:30 a.m. to 12:30 p.m. Learn how to be involved by swaddling and caring for your newborn. ■ Parenting adolescents Oct. 14

Follow a step-by-step approach to end hassles and avoid power struggles with your teens by attending the class “Surviving your adolescents” from 1-3 p.m. Help improve your relationships at home.



# SKIES Unlimited

### Sports & Fitness

**Beginning Tumbling**  
\$35/month  
Rainbow Elementary  
Ages 4-6 | Group A | Wed | 1645-1730  
Ages 4-6 | Group B | Wed | 1730-1815  
Ages 7-18 | All | Wed | 1815-1900

**Storck Barracks ACS**  
Ages 4-6 | Tues | 1645-1730  
Ages 7-18 | Tues | 1730-1815

**Parent & Me Tumbling**  
\$35/month  
Katterbach Fitness Center  
18 mo-3 yrs | Wed | 1000-1045

**Inter-Advance Tumbling**  
\$40/month  
Rainbow Elementary  
18 mo-3 yrs | Wed | 1600-1645

**Budding Ballet**  
\$30/month  
Ansbach Elementary  
Ages 3-5 | Wed | 1530-1600  
Storck ACS  
Ages 3-5 | Thu | 1530-1600

### Traditional Irish Dance

\$40/month  
Ansbach Elementary  
Ages 11 & up | Wed | 1730-1830  
Storck ACS  
Ages 11 & up | Thu | 1730-1830

**All That Jazz**  
\$30/month  
Ansbach Elementary  
Ages 9 & up | Wed | 1700-1730  
Storck ASC  
Ages 9 & up | Thu | 1700-1730

**Dancing Around the World**  
\$40/month  
Ansbach Elementary  
Ages 6-10 | Wed | 1600-1700  
Storck ACS  
Ages 6-10 | Thu | 1600-1700

**Swimming**  
\$115/10 weeks  
Beckhofen Hallenbad - Sundays  
Advanced | Any Age | 1210-1310  
Intermediate | Ages 6+ | 1310-1355  
Beginner | Ages 6-8 | 1355-1435  
Beginner | Ages 4-6 | 1435-1515  
Beginner | Ages 4 & under | 1515-1555

### Music Lessons

**Drums**  
\$280/10 weeks  
Katterbach DFAC | 6-18 yrs | Wed  
Storck Youth Center | 6-18 yrs | Wed  
Call for available time slots

**Guitar**  
\$280/10 weeks  
Katterbach DFAC | 6-18 yrs | Fri  
Storck Youth Center | 6-18 yrs | Tues  
Call for available time slots

**Flute**  
\$280/10 weeks  
Katterbach DFAC | 6-18 yrs | Thu  
Call for available time slots

**Piano**  
\$40/month  
Katterbach | Ages 9+ | Mon & Tues  
Ansbach Elem. | Ages 9+ | Wed & Fri  
Storck Youth Center | Ages 9+ | Thu  
Call for available time slots

### Coming Soon:

- Horseback Riding
- Acting & Film
- Tae Kwon Do
- Comic Book Illustration
- Cooking

All participants must be registered through CYS Services Central Registration to participate

## Course List

For more information or registration contact:  
Katterbach CER: 09802.83 2533 467.2533  
Storck CER: 09841.83 4880 467.4880



## Employment Readiness Fall Courses

brought to you by Storck ACS

### Job Search

14 September | 0930-1100  
6 October | 0930-1100  
3 November | 0900-1030  
8 December | 0900-1030

Learn who the employers are that are hiring and where to go to find the perfect job.

### Home Based Business Class

15 September | 1000-1200  
17 November | 1000-1200

Come to this class to learn how you can earn money working from home.

### Job Application Help

14 October | 1000-1100  
16 November | 1000-1100

Learn how to fill out an application and increase your chances for getting hired.

### Federal Resume Class

3 September | 1000-1130  
7 October | 1000-1130  
28 October | 1130-1500  
5 November | 1000-1130  
30 November | 1400-1530  
15 December | 1000-1130

If you are interested in a Federal Job, then come to this class to learn how to write a federal resume and apply for government positions.

### Interview and Dress for Success

30 September | 1330-1500  
21 October | 1000-1130  
17 December | 1000-1130

Learn how to prepare for an interview, what to expect during the interview, and how to make the best impression and dress for success.

### Educational Opportunities Workshop

24 September | 0900-1030  
10 December | 0900-1030

Representatives from various colleges will be there to answer your questions on what educational opportunities are available to you in the Ansbach area.

### Employment Opportunities Workshop

17 September | 0900-1200  
18 November | 0900-1200

This class will introduce you to the various ways to get a job. Meet the experts who announce the positions and process those that are hired.

Contact Storck ACS for more information  
09841.83 4555 | 467.4555







Above, far left: An aerial view of the city shows the steeply pitched red roofs and towers in the distance.

Above, middle: Children gather and walk along the city streets during a children’s festival in Dinkelsbuehl.

Above: A view down Dr.-Martin Luther Strasse in Dinkelsbuehl’s old town reveals many historical buildings.

# Dinkelsbuehl

## Rothenburg’s medieval twin city offers romantic streets, smaller crowds

by ALICE ADLER  
*Special to the Bavarian News*

A short drive south down the Autobahn from the hustle and bustle of Rothenburg lies Dinkelsbuehl, a more subdued version of its big brother to the north.

The view across Rothenburg Pond at the Faulturm is one of the most beautiful views of Dinkelsbuehl. The Faulturm (Rotting Tower) and the guard house mark the northwestern corner of the city’s defense system.

Like Rothenburg, Dinkelsbuehl is a walled medieval city with beautifully preserved cobblestone streets, painted houses and impressive towers. What Dinkelsbuehl does not have, however, are the large tour groups and the tourist-driven atmosphere of its better known and very crowded counterpart.

### Walk along the intact city wall

Dinkelsbuehl’s most impressive feature is its unbroken city wall, dotted with numerous towers and gates. Visitors to Dinkelsbuehl can walk the entire perimeter of the city by following next to the wall, getting glimpses of the lives of Dinkelsbuehl’s residents as they pass by the homes and backyards of those lucky enough to live within the confines of this charming city.

The 19 or so towers that grace the wall are worth admiration. Each one is different, and

each is properly named and labeled. Krugsturm, Hagelturm and Weisser Turm are only a few the wandering visitor will encounter.

Wandering the cobblestoned streets visitors find that all roads lead to the Marktplatz and the impressive Georgenkirche. Built primarily from 1488 to 1499, this massive building dominates the town.

After viewing the solid, blockish exterior with its massive stone buttresses and square tower, visitors will be surprised to see the light, delicate interior. Take some time to look around and appreciate why this church is considered one of the finest examples of late Gothic architecture in southern Germany.

There is much to see here, from the beautifully painted altarpieces to the skeletal remains of St. Aurelius, decked out in jewels and laid to rest in a glass coffin.

### Get to know the city’s history

History buffs will want to pay a visit to the Historical Museum. Founded in 1893, this collection of antiquities aims to reflect the long and colorful history of Dinkelsbuehl. Everything from weapons to toys to knitting machines is on display here.

Colorful Patricians’ homes with their romantic courtyards are characteristic for Dinkelsbuehl. The Hezelhof pictured here was built in the 16th century.

Special attention should also be paid to the

building that houses the collection. Known as the Spital building, it dates from 1599 and contains such interesting details as painted ceilings and impressive wooden doors.

By far the best part of Dinkelsbuehl can be seen by simply wandering the streets. The charming, beautifully maintained buildings are the city’s treasures. The colorful facades and beautiful details can keep a sightseer entertained all day. Purchase a guidebook that will tell you the details of many of the buildings found within the walls.

If you remain in Dinkelsbuehl into the evening you can take advantage of the night watchman tour, where a costumed gentleman will lead you by lantern light through the narrow streets.

Quiet Dinkelsbuehl jumps to life every July for 10 days when the Feast of Kinderzeche is celebrated.

This feast commemorates the events of 1632 when the Swedish Army camped outside the walls of Dinkelsbuehl and demanded the city’s surrender.

When the officials of Dinkelsbuehl hesitated, the Swedes became enraged and began to plunder and burn the town.

Legend tells that the destruction was stopped by a group of children who approached the Swedish commander and begged for mercy.

This event is reenacted every July along with costumed performances by various dancer groups and the Dinkelsbuehl Boys’ Band. The celebrations continue throughout the week with fireworks, fest tents and theater performances.

If you are looking for a glimpse of Germany’s romantic medieval past without the usual crowds and hustle, Dinkelsbuehl may be the right place for you.

### Travel along the romantic road

And if you can’t get enough of Germany’s romantic cities and medieval past and would like to see more, just follow Germany’s “Romantische Strasse” (Romantic Road).

It starts in Wuerzburg, passes through the cities of Rothenburg, Dinkelsbuehl, and Augsburg, to name just the largest cities along the route, and ends in Fuessen, just below Bavarian King Ludwig II’s famous Neuschwanstein Castle.

For more information on the road and its sights, visit [www.romantischestrasse.de](http://www.romantischestrasse.de).

For more information on the City of Dinkelsbuehl you can call the city’s tourist information office at CIV 09851-90240, or visit [www.dinkelsbuehl.de](http://www.dinkelsbuehl.de).

*Editor’s note: This story was originally printed in the Nov. 14, 2007 issue of the Bavarian News.*



Courtesy photos

A view across Rothenburg Pond at the Faulturm is one of the most beautiful views of Dinkelsbuehl. The Faulturm (Rotting Tower) and the guard house mark the northwestern corner of the city’s defense system and unbroken city wall.



# FluMist intranasal flu vaccine available at U.S. Army health clinics in Bavarian

*BMEDDAC Press Release*

The Bavaria Medical Department Activity is now offering FluMist, an intranasal vaccine that helps prevent seasonal influenza, at their seven outlying health clinics in Bamberg, Grafenwoehr, Hohenfels, Illesheim, Katterbach, Schweinfurt and Vilseck.

Flu Zone, which is the injectable vaccine, is not yet available in the Bavaria footprint.

"Currently, we're offering the FluMist to all of our eligible beneficiaries," said Capt. Joseph Woodring, BMEDDAC chief of preventive medicine. "Once we receive our shipment of injectable vaccines, better known as flu shots, we will inform our communities through the local papers and AFN."

The influenza virus, more commonly known as the flu, is a contagious disease which can be spread by coughing, sneezing or nasal secretions.

According to the Centers for Disease Control and Prevention, more than 200,000 people are hospitalized each year with influenza, with 36,000 who die from the disease.

Common symptoms include fever, sore throat, coughing, chills, fatigue, headaches and muscle aches.

"Influenza is not the same thing as having a cold," said Lt. Col. Jeff Linck, BMEDDAC deputy commander

of nursing. "For example, if you have a cold you aren't going to run a high fever, but if you have the flu you'll definitely be running a high temperature."

Vaccination is mandatory for all active duty personnel as well as Department of Defense civilians designated as emergency essential and reserve personnel on active duty.

TRICARE beneficiaries are also offered the vaccine to protect against influenza.

Although some people may have gotten their flu vaccine last year, medical professionals recommend they come in to get the new annual vaccine.

"Medical professionals traditionally have taken the top three flu strains from the year before and decide which strain they should incorporate to best protect people against influenza," Woodring said. "Since the strains are always changing, you want to get the flu vaccine each year to ensure you're protected against the most current strain."

BMEDDAC will offer three types of flu vaccination – FluMist, Flu Zone and a pediatric injectable flu vaccine.

Each patient will complete a pre-screening form, which covers information such as age and long-term health conditions, so health care providers can administer the most appropriate vaccine.



**The U.S. Army health clinics in Bamberg, Grafenwoehr, Hohenfels, Illesheim, Katterbach, Schweinfurt and Vilseck are offering FluMist, an intranasal vaccine that helps prevent seasonal influenza.**

*Photo by Christine June*

Although each individual is different, there are some basic guidelines that determine which vaccine should be administered.

The FluMist, which is sprayed up the nose, is approved for individuals 2 through 49 years old who are not pregnant and do not have serious health problems.

According to Linck, the vaccine is great for children because it's a spray, not a shot, and it still protects against the seasonal flu.

"The FluMist is a live, attenuated vaccine that has been made for a body to recognize and fight off this milder, attenuated form," Woodring said. "It may cause flu-like symptoms such as a runny nose, sore throat or mild body aches, which normally resolve within a few days of receiving the vaccine."

The Flu Zone, which is the injectable vaccine, is approved for individuals who fall outside the 2 through 49 age range or have a medical condition that disqualifies them for

the FluMist, such as long-term health problems or pregnancy.

A pediatric injectable vaccine is also available for children 6 to 23 month-olds.

Individuals interested in getting the flu vaccine should call their local clinic appointment line or their medical facility's immunization clinic.

For more information, contact your local health clinic or the BMEDDAC Public Affairs Office at DSN 476-4605 or 09662-83-4605.

## Behavioral health specialists bring mental health services to students in Grafenwoehr, Vilseck schools

by **JENNIFER WALSH**  
*BMEDDAC PAO*

This school year, the students and families in Grafenwoehr and Vilseck will have access to a behavioral health specialist not only in their local clinic, but also in each of their schools.

"Providing great access to care means getting people the right type of health care, at the right time, from the right provider," said Lt. Col. Jeff Linck, Bavaria Medical Department Activity deputy commander of nursing. "This is why our behavioral health team has come up with a way to take care of our military children in one of their most natural environments – their school."

The behavioral health pilot program, which is also being launched in Baumholder, is designed to bring mental health services directly to the student. The result should be less time out of the classroom for appointments and ultimately, more convenient treatment.

"Our goal is to provide a comprehensive array of school-based programs and services to support military students and their families," said Brian Olden, chief of BMEDDAC Behavioral Health Services. "But we want to do it in a way that is convenient for our students and our busy parents."

Programs being offered include dealing with deployment, anti-bullying, recognizing and communicating feelings, enhancing self-esteem,



**Behavioral health specialists are bringing mental health services directly to students in Grafenwoehr and Vilseck schools, helping them overcome the challenges associated with the military.**

*Courtesy photo*

finding personal strengths and learning how to communicate effectively.

"We recognize that our military children face a unique set of stressors such as frequent moves and coping with a deployed parent," Olden said. "This gives us an opportunity to address those issues and work toward building resiliency so our students are able to successfully cope with these same issues in the future."

Initially, the students receiving behavioral health services at the schools will be the same students who are already receiving services at one of the local clinics, according to Olden.

Additional students who enroll in the program will probably go about it in one of two ways. Either the student and parent may contact Behavioral Health Services directly, or a faculty member may recommend the student join the program.

"Our teachers see a lot of behaviors in the classroom that may raise a red flag," Olden said. "This could be anything from depression, to trouble concentrating to social anxiety."

Faculty members who believe a student would benefit from behavioral health services will first contact the child's parent. Then together, they will decide if they should refer the student to the Student Services Team.

"The Student Services Team is a multi-disciplinary group of professionals, such as counselors and psychologists, who will discuss a student's situation and determine the best course of action for the student," Olden said. "Of course, the student's parents are involved each step of the way."

Although the behavioral health services being offered are targeted at students, the services are also available for their family members and school staff.

"Our specialists are trained to treat children as well as adults and we'll tailor our treatment plans to best fit the individual's needs," Olden said. "However, ultimately, it's about treatment and prevention."

The program is currently available at Grafenwoehr, Netzaberg and Vilseck Elementary Schools, Netzaberg Middle School and Vilseck High School. For more information, contact BMEDDAC Behavioral Health Services at DSN 476-3483 or civilian 09662-83-3483.

## Army expects H1N1 influenza vaccine to be available next month

by **JERRY HARBEN**  
*U.S. Army Medical Command*

"I don't want anybody to be alarmed, but I do want everybody to be prepared," said President Barack Obama, about this year's influenza season.

This year health officials are preparing for the Novel H1N1 flu - initially known as "swine flu" when it was widely publicized last year - in addition to the seasonal flu vaccinations to which military personnel are accustomed.

Seasonal flu and H1N1 flu are different strains of influenza viruses, and vaccination against both is necessary to be fully protected.

"Influenza viruses change from year to year. Protection that develops after a person is infected or is immunized

against the circulating viruses of one season does not provide adequate cross-protection when a new influenza strain develops. Vaccination is your best protection against influenza infection," said Lt. Col. Patrick Garman, deputy director of the Military Vaccine Agency.

Flu vaccinations are mandatory for military personnel and civilian health-care personnel who provide direct patient care at military treatment facilities.

It is highly recommended for other people.

"It is DoD's primary goal to have more than 90 percent of servicemembers vaccinated against seasonal influenza by Dec. 1.

"The secondary goal is to swiftly complete the seasonal influenza vaccinations and begin preparations

for the impending H1N1 vaccination program," said Garman.

The H1N1 vaccine should be available in October. People 10 years of age and older will receive one dose.

Those 6 months of age to less than 10 years will require two doses separated by approximately one month. The vaccine will be available as both an injectable or nasally inhaled product, just as seasonal flu vaccine is.

Most servicemembers will receive the injectable H1N1 vaccine. The Defense Department expects to receive enough doses of the vaccines for all military servicemembers and DoD beneficiaries who wish to be vaccinated.

DoD has stockpiled antiviral treatments for 8 million people.

In addition to vaccination, people

can protect themselves against either strain of flu by:

- Covering the nose and mouth with a tissue when coughing or sneezing, then throwing the tissue in the trash.

- Washing hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.

- Avoiding touching the eyes, nose or mouth. Germs spread this way.

- Avoiding close contact with people who have flu-like symptoms.

- Staying home if they become sick, until 24 hours after the fever is gone. This will avoid infecting others.

Novel H1N1 influenza so far has been no more severe than seasonal flu. Garman said that experts expect it to be the dominant strain of circulating

influenza this year because, until vaccination, most people lack immunity to it.

The two diseases cause similar symptoms: fever, sore throat, cough, runny nose, chills, headache, muscle aches and feeling rundown.

Novel H1N1 seems to infect young adults more frequently than seasonal flu, which is most dangerous to the elderly or the very young.

Symptoms normally last three to five days, but a person may infect others for several days before showing symptoms and for as many as 10 days after symptoms end.

DoD maintains a clearing house of influenza information at <http://fhpo.osd.mil/aiWatchboard/>.

Information is also available at [www.armymedicine.army.mil](http://www.armymedicine.army.mil), [www.vaccines.mil](http://www.vaccines.mil) and [www.cdc.gov](http://www.cdc.gov).



# Iraqi Police Academy continues progress toward freedom with continued training

Story and photo by  
**Pfc. BETHANY L. LITTLE**  
*172nd Infantry Brigade*

Many of the training centers for Iraqi counterparts are found just outside of Coalition Forces' gates; however, things at Forward Operating Base Delta, Iraq, are a little different. Located just a half mile away from the 1st Battalion, 77th Field Artillery Regiment headquarters building is the Iraqi Police Academy.

The complex opened in 2003 to train Iraqi Security Forces and sustain operations.

"In 2006, U.S. Soldiers began to train Iraqi Police," said Adeem Muter, Dean of the Iraqi Police Academy, Professional Headquarters for Wasit Police Department. "Now, almost all of the classes are taught by Iraqi Police."

Cadre members vary from sergeants to officers who are specialized in different areas such as first aid, checkpoint security, drill and physical fitness.

Basic Recruit Training and advanced classes such as Criminal Investigation or the Delta Sustainment



**Sgt. Mohanad Staar, Iraqi Police Academy instructor, demonstrates to his Basic Recruit Training students how to properly perform a personnel search at the Iraqi Police Academy Sept. 8. Staar has taught at the academy for more than four years.**

they've learned," said Sgt. Mohanad Staar, Iraqi Police Academy instructor, Professional Headquarters for Wasit Police Department. "Then we go out into the cities to see the police officers that went through our training. We observe the things they took from our training and how they've applied it."

Different Iraqi Police units in Wasit are brought to the academy every two weeks to ensure that they all have the same training.

"Currently, we have 145 students enrolled in various classes," said Muter. "The students' abilities are better than before and it's showing the people of Iraq that their police departments care about them."

One major improvement with the academy since the Iraqis took over training is communication.

"Now that there isn't a need for translations between the instructors and students, teaching and training is a lot easier and more effective," said Muter.

"We will continue to serve our country and help with the progress toward Iraqi freedom by continuing the training," said Staar.

Training and Refresher course are offered through the academy for Iraqi Police in Wasit Province.

"We're learning a lot more than some of the older Iraqi Police," said

Walied Kahalid, fuel station guard, facility protection. "For example, we're learning more physical and mental training."

Evaluation of training doesn't stop

in the classroom but observations are made after the students leave the academy.

"After the recruits finish training, we test them again to see what

## Deputy Secretary of Defense visits FOB Kalsu

Story and photo by  
**Pfc. BETHANY L. LITTLE**  
*172nd Infantry Brigade*

Soldiers of the 172nd Infantry Brigade stationed at Forward Operating Base Kalsu, had the opportunity to meet the Deputy Secretary of Defense and demonstrate the different duties and jobs that make the base functional Sept. 11.

The Honorable William J. Lynn III visited with Soldiers of 504th Military Intelligence Company, 9th Engineer Battalion and 172nd Support Battalion.

Starting at the unmanned aerial vehicle launch site, Soldiers of 504th Military Intelligence Company demonstrated and explained the importance of the UAV. The Soldiers taught Lynn how to operate the UAV. Then the Soldiers gave Lynn the controls for the UAV so he could launch it.

"I think it went really well and it shows how people take the time to come out here and let us tell them about what we do out here," said Spc. Matthew D. Palmer, UAV operator, 504th Military Intelligence Company.

Following the UAV demonstration, 9th En-

gineer Bn. Soldiers showed Lynn the different vehicles used for route clearance missions.

Lynn toured through the Mine Resistant Ambush-Protected vehicle, which is the primary medical evacuation vehicle for route clearance missions.

Lynn learned how to inspect a rock from within the Buffalo, a heavily armored counter improvised explosive device vehicle. Using a mechanical arm with a small camera attached, Lynn moved the rock around in search of a possible IED. The engineers use this vehicle to probe for potential IEDs out in sector.

After looking at each of the vehicles, Soldiers of 172nd Support Bn., showed Lynn different maintenance capabilities.

Lynn met and shook hands while recognizing the Soldiers from the different battalions by presenting them with his personalized coin before leaving Kalsu.

"I'm happy that he came out here so the Soldiers could show him how hard we work out here," said Staff Sgt. Jason Kudla, standardization operator, 504th Military Intelligence Company. "Visits like these show that leaders do care, even if it is only to let the Soldiers talk and shake hands."



**Honorable William J. Lynn III, the Deputy Secretary of Defense stands with the Blackhawk shield and the Soldiers after his visit here, Sept. 11. The Soldiers are from 9th Engineer Battalion, 172nd Support Battalion and 504th Military Intelligence Company.**

## Soldiers help Iraqis help themselves

Story and photo by  
**Pfc. BETHANY L. LITTLE**  
*172nd Infantry Brigade*

The 1st Battalion, 77th Field Artillery Regiment, is working to improve the lives of Iraqis by working in teams to facilitate improvements in the area of economics and agriculture in Wasit province.

Soldiers with experience and education in these areas have been selected to step out of their usual duties and help the Iraqi people to help themselves.

"We're not firing cannons anymore," said Maj. Jimmy L. Anderson, battalion operations officer, 1st Bn., 77th Field Artillery Regt. "We picked these Soldiers out of the formation because of their educational background and previous life experiences."

Two noncommissioned officers, originally field artillery automated tactical data systems specialists, with backgrounds in biology and economics were chosen to help the Wasit Provincial Reconstruction Team for the remainder of the deployment. The first Soldier was chosen for his interest in economics.

"This job is completely different from the one I was originally trained to do," said Staff Sgt. Brett A. Castellanos, PRT member, 1st Bn., 77th Field Artillery Regt. "I'm no longer



**Sgt. Mark O. Harris, agriculture advisor team noncommissioned officer, 1st Bn., 77th Field Artillery Regt. and a Waynesboro, V.A., native, shakes hands with some Iraqi children during a visit to the Al-Hay Youth Center in Wasit Province, Sept. 7.**

working in a combat job, instead I'm organizing data with businesses within Wasit."

The other Soldier selected from the formation isn't involved with the economic projects, but instead is involved with agriculture projects in the province. The unit chose him for his education in biology from Virginia Tech prior to joining the Army.

"This job presents a different challenge for me," said Sgt. Mark O. Har-

ris, agriculture advisor team noncommissioned officer, 1st Bn., 77th Field Artillery Regt. "I'm no longer looking at things in a day by day perspective. Instead, I have to look at the bigger picture for projects I work on by looking at the cause and effect those projects have on the land or citizens here."

Harris is in charge of three agriculture projects that use his knowledge to help the PRT and improve the lives of citizens in the province.



**Sgt. Yerry Arcamone, civil affairs noncommissioned officer, 1141st Civil Affairs Company, passes out soccer jerseys to the teenagers of the Al-Hay Youth Center during a visit by the Wasit Provincial Reconstruction Team Sept. 7. Arcamone and one other civil affairs sergeant gave out the jerseys so the teenagers would have something to practice in.**

Photo by  
Pfc. Bethany L. Little

To find out more about the missions and actions of the  
Soldiers of the 172nd Infantry Brigade visit,  
[www.172infantry.army.mil/](http://www.172infantry.army.mil/).



# Commissary exterior undergoes redesign, aims to connect people

by **RONALD H. TOLAND JR.**  
*Bavarian News*

Like a light at the end of a tunnel, U.S. Army Garrison Ansbach residents have anxiously waited for the end of construction delays that have plagued the installation for more than a year.

Although the light may seem far off and dimly lit, garrison officials urge residents to remember the final payoff and to keep in mind that the end result will be seen not only around the community, but at the commissary where renovations have already begun.

The exterior ground in the front of Katterbach commissary has a new vision, "making your Army home even more of a home away from home," said René Steudtner, general engineer and architect with the garrison's department of public works engineering division in charge of the project.

"It will be a walkway through the garrison," said Steudtner. "We have the money and the vision to change that with these improvements," he added.

The \$360,000 project will cover the railway in front of the commissary with wood panels, becoming a walkway or boardwalk area that Steudtner hopes will extend all the way to the front of the base, where the current post-exchange is, where future renovations are planned.

He added that the boardwalk is phase one of the plan and is expected to last through Nov. 20.

"It is like a backbone principle; we start with the commissary because it is the most important area," he said. "Since there are many pedestrians, we want to beautify the area first—for sitting, walking and other activities."

He said the concept is simple and

the point is to connect people.

"This will be an axle of activity," he said. "We want to have communications and activities. This should connect the whole base – like a backbone," he said.

Steudtner said the wooden panels covering the tracks provide an easier path for strollers and those with walking difficulties; benches and tables for sitting; new trees and boardwalk lighting, which are three meters high, but not as high as regular street lights, and are eco friendly; and even a gazebo-type area built in front for people to sit under and enjoy.

"We want to support our Soldiers and families," he said. "They live here and need to have an outside area like this, to relax, to have fun activities, meet people and feel good. They do not have a place like this now," he said.

"Having a place like this strengthens communications (by providing) a place for people to connect," he added.

Customers agree that with all the construction, parking and getting around is difficult, but the payoff later will be worth it.

"In the end ... the end result will be great beautiful," said Nick Thomas, Ansbach Military Police Investigations.

But when the project is complete, some may ask why not a solid walkway?

Steudtner explained "The reason is variety and safety. We'll need to have fire trucks be able to get in there; thus, the safety precautions are built in."

Overall, Steudtner said these changes will be "nicer, warmer, inviting and more attractive."

"Maybe we can even have some local vendors out front from time-to-time," he said, "a news kiosk and maybe we will even have a Christmas market there in December."



**Above: A computer generated image of the planned exterior boardwalk of the Katterbach commissary shows new seating and more trees.**

**Right: An aerial view (with a graphic layover) reveals the plans of the newly proposed boardwalk at the Katterbach commissary. Work has begun and is expected to last nearly three weeks.**

*Courtesy images*



# Task force sets goal to curb suicide rate

by **RONALD H. TOLAND JR.**  
*Bavarian News*

In February, the Army implemented a top-down suicide prevention program to be executed in three phases.

Phase one, a stand-down training segment required for every Soldier and civilian employee, educated and enhanced people's ability to recognize risk factors and warning signs, and how to properly intervene when preventing suicidal behavior.

During the second phase, units held chain-

teaching sessions for Soldiers, civilians and family members where commanders used the "Shoulder to shoulder, no Soldier stands alone" facilitator guide and video.

The program has now entered its final phase - a sustained push that will continue indefinitely and will establish annual prevention training requirements and institutionalize region training for several years, said Capt. Desiree Currie, commander of the garrison headquarters detachment.

"It's important to teach suicide prevention to preserve the Army's greatest asset - its

people. To lose just one Soldier is a great loss to everyone," she said.

In order to sustain this third phase, an umbrella of Ansbach military organizations are providing numerous programs designed to help servicemembers and families cope with stresses associated with combat and overseas deployments.

And one group focuses specifically on suicide prevention.

The Ansbach Suicide Prevention task force, a cross section of military and civilian experts on policy, research, and clinical practices for suicide prevention, promotes resiliency, said Karen Lewis, garrison health promotion officer.

"We must work together to decrease the stigma (many Soldiers feel when) seeking medical help for suicidal thoughts, post-traumatic stress disorder, traumatic brain injury and other issues," said Lewis.

Clinic commanders agree.

"The ice is starting to crack," said Lt. Col. James Cahill, commander of the Illesheim Health Clinic and a member of the task force who briefed Soldiers here last month.

He said the transition of Soldiers from an extraordinary experience, such as combat, to an ordinary one takes significant adjustments, which behavioral health providers can provide tools to help.

"Their picture of what life was like back home does not always fit the reality, causing frustration, which is a common experience among redeploying Soldiers," said the clinic commander.

Cahill added that Soldiers have an obligation to their family, unit, fellow warriors and community to seek help with any issues that are interfering with daily life or mission.

He provided an example: "Just as if they twist an ankle, they see a doctor to get it fixed because it interferes with leading a normal life; if they have non-physical issues that interfere with their work and life, they should also seek out the help they need so that they can drive on with their life and mission."

"As well," he added, "if they notice fellow

Soldiers struggling with behavioral health issues, they have an obligation to steer them toward the people who can help."

Indeed, "It is important for Soldiers to take advantage of all available resources within the community," said Maj. Timothy Switaj, commander of the Katterbach Health Clinic.

"The current command climate encourages Soldiers to actively seek out assistance from behavioral health experts," he added.

Not only do clinical experts encourage getting help, spiritual ones do too.

"No one should ever have to take their own life," said Chaplain (Capt.) Lex Reed of the Illesheim chapel, also a member of the task force.

He said that the implementation of the program has gone well and that awareness, training and noticing behavioral changes are essential to prevention.

"It definitely puts your antennas out there a little bit further; you can see things that most people don't normally see," he said.

The chaplain stressed that communication is key.

"Once you get people talking about it, it enables them to talk more about it, which takes a lot of courage," he explained.

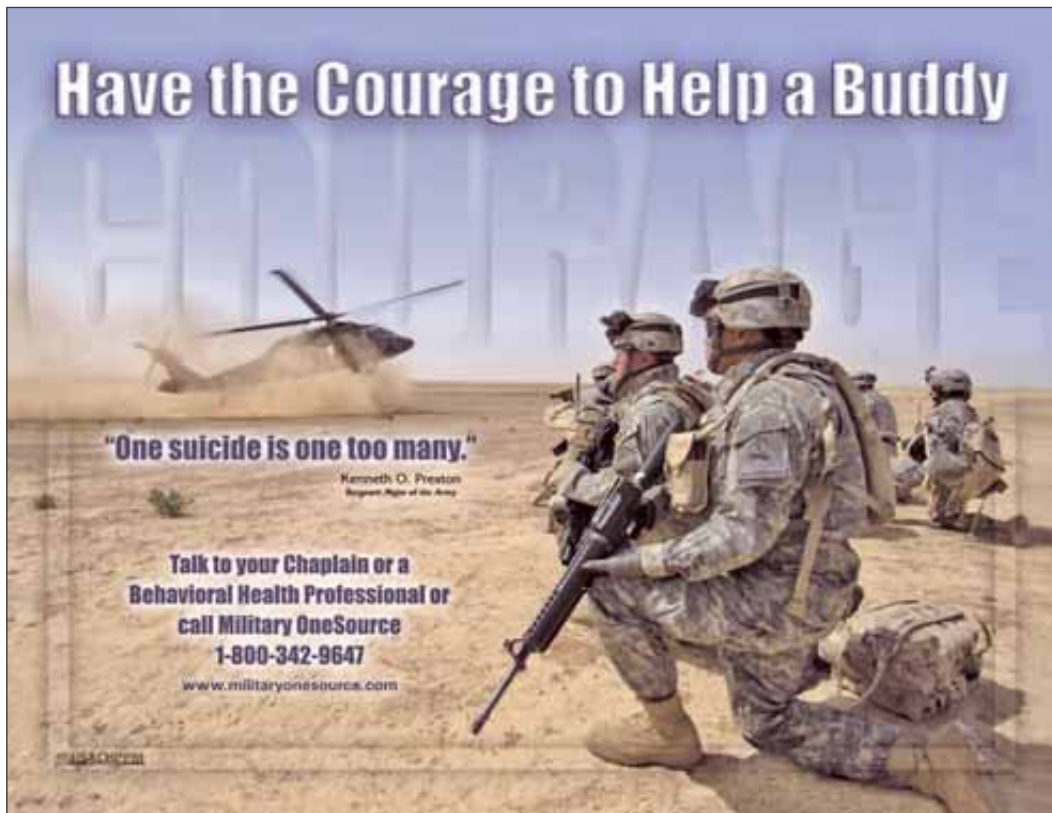
"We are here for you; we care about you. The sooner one talks about it, the sooner they can get help. We can get them the help they need," Reed added.

And as a result, Soldiers have responded well, are opening up about their experiences and are more aware of the consequences about not getting help.

"I use the ACE card," said Spc. Sialei Tapusini, 12 Combat Aviation Brigade, referring to the ACE "Buddy Card" that the Army designed for suicide prevention. "I am now able to see the signs and lead fellow Soldiers to the right people that can help – and I want to help."

For more information on the program, contact your supervisor, local chaplain or health clinic.

Also a Web site is dedicated to the cause at: [www.armygl1.army.mil/hr/suicide/default.asp](http://www.armygl1.army.mil/hr/suicide/default.asp).



*Graphic courtesy of CHPPM*

**A poster from the U.S. Army Center for Health Promotion and Preventive Medicine promotes teamwork in preventing suicide. The Ansbach Suicide Prevention task force, a collection of military and civilian experts, has joined with this goal in mind.**



# Operation Rising Star winner outshines competition, advances on to video round

Story and photo by  
**EMILY ATHENS**  
*Bavarian News*

“This was a homerun out of the park.”  
“You have such a beautiful voice.”  
“Last week you were awesome, but this week was a touchdown.”  
These were just a few of the many praising comments judges Jamie Morales, Cheryl Dean, and Marilyn Neville offered to Schweinfurt winner Alielobret, or Bree, Lawson Sept. 4 during the final round of the Operation Rising Star singing competition.  
After three weeks of show, Lawson and three other contestants - Nikki Brown, Susanna Jenkins, and Mary Jane Hicks - performed for the winning title.  
Lawson came out on top singing “No One” by Alicia Keys, saying that her motivation comes from her husband while her talent comes from God.  
“God has blessed me with a voice. I really have only sung in front of people in church where I don’t sing for people, I sing for God. Here, I was singing for people so I was nervous. My husband has a lot of confidence in me and was the one that pushed me to do this competition,” Lawson said, referring to Sgt. 1st Class Derrick Lawson of 9th Engineer Battalion who is currently serving in Iraq.  
Previously dubbed military idol and open only to military members, Operation Rising Star is now a singing competition open to service men and women and their family members who are 18 years and older.  
“This competition gives MWR itself the opportunity to provide a little bit of home right in our backyard for the community to participate in. It creates the opportunity for recognition of talent, giving people the chance to perform.

And it builds self esteem,” said Garland Travis, Schweinfurt’s entertainment director.  
Throughout the entirety of the competition, the community attendance was consistently high, said Travis, as they were given the chance to vote for their favorite performer.  
“This year was unbelievable. A lot of times, as contestants dwindle down, the audience dwindles down, but that didn’t happen this year, which just shows that this really was a community event,” Travis said.  
Lawson took home a \$500 cash prize and will advance to the military wide finals where she will compete against first place winners from participating garrisons around the world. Second place went to Nikki Brown, while Susanna Jenkins brought home the third place prize.  
“Any of the four could’ve won, but Bree just stood out even in rehearsals. Her vocal range and the control that she possesses over her instrument are very strong. The quality of her voice ... it’s natural,” Travis said.  
Lawson will begin following the footsteps of last year’s military wide winner from Schweinfurt. But despite the possibilities, Lawson keeps her beliefs close to heart and will take the competition one step at a time, preparing the best way she knows how: through prayer.  
“This experience has built a lot of confidence in me, but staying humble is so important. It just makes me happy to know that a lot of people love my voice. It feels really good. But to prepare for the next step, all I can do is pray,” Lawson said.  
The next round consists of a video submission to be judged by a panel of experts who then select 12 performers to advance to the semi-final round in Ft. Belvoir, Va. Individuals can vote online during the semi-final and final round to help find the military’s top vocalist. Go to [www.oprisingstar.com](http://www.oprisingstar.com) from Nov. 7 through 22 to cast a vote.



**Bree Lawson sings “No One” by Alicia Keys for the judges Friday during the final round of Schweinfurt’s Operation Rising Star competition. Lawson was named the installation rising star, taking home first place and advancing to the next round to compete against the winners from participating garrisons worldwide.**

## Autumn plants, berries can be dangerously toxic

by **SANDRA WILSON**  
*Bavarian News*

Autumn brings with it brilliantly colored leaves, bushes, and berries. Edible fruits like apples and plums are abundant this time of year, but also prolific are poisonous berries and other plants that may take on an appetizing appearance to the untrained eye.  
“This time of year there is so much,” said U.S. Army Garrison Schweinfurt safety manager Eddi Sauer. “A great variety of plants are toxic, but most you won’t die from immediately.”  
Most importantly, he said, is to teach young children not to touch or eat anything without permission.  
“Teach them they are nice to look at,” he said but not to touch or eat. The younger a child is, the more a plant’s toxicity can affect them, Sauer said.  
Many native and exotic plants are poisonous to humans when eaten or even if there is only skin contact with plant chemicals, said the Web site for Centers for Disease Control and Prevention.  
“If you do not know what you are eating, don’t pick it,” Sauer said.



**The Atropa Belladonna plant grows in this region. The berries may look attractive to eat, but consumption of only a few can be lethal. Even touching the plant with bare skin can lead to poisoning.**

Some berries, which are harmless to animals, can be extremely hazardous to humans, causing illness, injury or even death.  
“In the child care facilities, we have removed all this,” Sauer said, explaining how highly toxic plants and berries are no longer near where children play.  
But, if a child or adult consumes any type of unknown plant or berry, there are important steps to take. Sauer strongly recommends calling a doctor immediately, even if side affects have not appeared, because one never knows how toxic a plant may be. Once symptoms begin, precious time has already been lost for treatment.  
The American Association of Poison Control Centers Web site restates the importance of calling a health care professional. Many times the problem can be taken care of over the phone, but in some cases, people must be rushed to the hospital.  
In addition, Sauer recommends bringing a sample of the plant consumed when seeking medical care for possible poisoning, to help better identify the course of treatment needed.



**A moment of silence**  
Second-graders, Blake Sheldon, left, and Joshua Heeter hold their American flags solemnly while resting their hand on their heart during the Schweinfurt Elementary School Patriot’s Day remembrance ceremony Sept. 11. The entire school gathered at the flag pole in the morning for a moment of silence for the victims of Sept. 11, 2001.  
*Photo by Sandra Wilson*

## Officials offer tips for safe travels

Story and photo by  
**MARK HEETER**  
*Schweinfurt CI Chief*

With long vacation weekends coming up, U.S. Army Garrison Schweinfurt officials offer tips for safe and enjoyable travels, especially for those who plan to cross the borders into other countries.  
“I recommend that people inform themselves about the location, so they can enjoy it better,” said USAG Schweinfurt safety officer Eddi Sauer, who offered basic travel safety and health tips.  
“With your car, check out your car beforehand. If you can, go to a repair place and have it checked out. Make sure you check your fluid levels, lights, do a quick safety inspection before you leave,” Sauer said.  
An experienced traveler, Sauer also recommends rest breaks for long road trips and urges drivers to ensure they are well-rested before setting out on their journey.  
“And you have to sleep enough before you go. That’s a prerequisite,” he said, adding that a clear plan fosters safe driving.  
A different but very necessary type

of planning is required for travelers who are leaving the country, especially to exotic or relatively remote locations, according to Tonya Heinbaugh, USAG Schweinfurt security manager.  
“I tell people to make sure they visit the State Department Web site,” to obtain the latest travel alerts and travel warnings, Heinbaugh said.  
Heinbaugh also strongly recommends travelers register with the U.S. embassy in their destination, purely for accountability in the event of an emergency or natural disaster. To visit countries that are without a

U.S. embassy or have a travel warning, travelers need first to obtain the approval of the General Officer Senior Mission Commander.  
The anti-terrorism link from the USAG Schweinfurt home page has a useful link called “Travel Central,” which can be found by clicking the “Anti-terrorism” link, followed by clicking “Travel Central.” The site includes a traveler’s checklist with requirements.  
For more details, visit the USAG Schweinfurt home page at [www.schweinfurt.army.mil](http://www.schweinfurt.army.mil).



**Whether traveling by planes, trains or automobiles, vacationers are reminded to plan ahead and think about safety before departing.**



# Haager relinquishes command to Spain

Story and photo by  
**MARK HEETER**  
*Schweinfurt CI Chief*

In a ceremony on Conn Barracks Sept. 15, Lt. Col. Everett Spain assumed command of the U.S. Army Garrison Schweinfurt, succeeding Lt. Col. Anthony Haager, who commanded the garrison since July 2006.

Calling it a “historic moment for the Schweinfurt community,” Diane Devens, Installation Management Command – Europe Region director, noted the significance in the timing of the ceremony.

“The passing of these flags might seem insignificant to the casual eye, but in fact, this move signifies achieving a milestone on the path to the global defense posture realignment, which called for a significantly transformed Army worldwide,” she said, referring to the impending command-and-control shift of the USAG Schweinfurt to an indirect-report garrison under the USAG Ansbach.

“It’s very symbolic, this change of command ceremony, in terms of

the Army’s transformation here in Europe,” she said.

Col. Christopher Hickey, USAG Ansbach commander, also delivered remarks and praised Spain’s service.

“A quick read of his biography will reveal that this officer is not only a superb leader but a scholar and an athlete,” Hickey said.

“I look forward to working with you as we implement this new streamlined command structure to provide best possible service to our mission units, Soldiers and their families,” Hickey said, addressing Spain.

Spain, who was stationed in Germany earlier in his career, comes to Schweinfurt with his wife and four children from his assignment as a White House Fellow with the Department of the Treasury.

“Knowing that the future belongs to those who seek it, I ask that you please join us in working to keep our community young in spirit,” with courage, compassion, ideas, spirit of teamwork, and energy, Spain said to the community in his address.

“The garrison’s mission is to

sustain, support, defend. Those three words are exactly what we are going to continue to do together as a community for the heroes, families and civilians of 1-2 Infantry, 1-91 Cavalry, 9th Engineers, 1-77 Field Artillery, 172nd Support, 15th Engineers, 44th Signal, 12th Chemical and all of the other distinguished units and people who serve along side of us in the wonderful place we call home: Schweinfurt,” he said.

Haager’s next assignment takes him to the Pentagon, with the Assistant Secretary of the Army for Installations and Environment.

**Col. Christopher Hickey, U.S. Army Garrison Ansbach commander, hands Lt. Col. Everett Spain the garrison guidon in a ceremony on Conn Barracks Sept. 15. Spain assumed command of USAG Schweinfurt, succeeding Lt. Col. Anthony Haager, who commanded the garrison since July 2006.**



# Camp Robertson provides realistic training for 173rd Airborne Brigade Combat Team

Story and photo by  
**EMILY ATHENS**  
*Bavarian News*

The Army is constantly altering its training methods and objectives to fully prepare Soldiers for the current threats and contingencies.

In an effort to meet these demands and increase Soldiers’ readiness, Camp Robertson, part of the Schweinfurt local training area, has upgraded its facilities to provide the tools and equipment needed for collective pre-deployment training.

“A lot of people don’t realize that we have the

third largest training area in Germany next to Grafenwoehr and Hohenfels. It’s 12,500 acres with the capabilities and infrastructure to house 300 Soldiers. A lot of units come from Graf, Hohenfels and Italy to use our training area and for it to be right in our backyard ... it’s unbelievable,” said Bernard Ahlers, training resource specialist in Schweinfurt.

Among those units intermittently utilizing Camp Robertson, is Company A, 2nd Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team, based in Vicenza, Italy, which began a 10-day mission-readiness exercise training Sept. 2.

“Training here has given us an isolated zone to maneuver around in. It’s given us battle space that we can more or less control and have constant interaction with local leaders and security forces,” said Capt. Joe Snowden, Alpha company commander, referring to the combat outpost they built up to use throughout the exercise.

The COP is one of many simulated areas in Camp Robertson that provide realistic situational training, Ahlers said. Other areas include a four-lane improvised explosive device highway and a replicated village of the Kunar Province in Afghanistan, complete with imitations of a mosque, vendors, a school, a police station, and a cemetery.

“We have contractors on the mock battlefields to provide patterns of life. They have their own storylines and bios ... like actors. We have police, a tribal elder, civilians, a religious person, doctors, nurses ... all these characters to add to the realism,” said Maj. Javier Lopez, primary company observer-controller from the

7th Army Joint Multinational Readiness Center in Hohenfels, who is evaluating the progress of the company.

The training requires Soldiers to build relationships with this population and respond to numerous situations, according to Lopez.

The exercises are meant to build their war fighting abilities through combat with enemy tactics that will prepare them for the realities of war, he said.

“I observe how they react ... how they apply the rules of engagement. We have an opposing force who replicates the Taliban, shooting mortars, machine guns, setting up IEDs, and it’s up to the good guys to react.

“So the Soldiers have to work through it, work smart, and think of what resources they have available and employ it. It’s hard. It’s not meant to be easy training,” Lopez said, emphasizing that it’s all about counterinsurgency operations and how they can apply it in theater.

After the first week of training, Lopez praised the “wonderful facilities” of Camp Robertson, citing its value for maneuver training where units can accomplish their objectives.

“I’m glad we came here. There are lots of advantages for having a company here. We can focus on training and the size of the area is large enough. We’ve replicated the distances between the main support center and how they can communicate.

“Internally, it allows the company to exercise their own systems to command and control, to communicate, to protect themselves. It’s just another great facility to use,” Lopez said.



**Spc. Cecilio Camarena (left), and Pfc. Michael Moore pull security in front of the combat outpost set up for Company A, 2nd Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team during their 10-day mission-readiness exercise at Camp Robertson in Schweinfurt.**

# Cavalry commanders prepare spouses for upcoming deployment

Story and photo by  
**EMILY ATHENS**  
*Bavarian News*

While Soldiers are physically training for the realities of war, spouses are mentally preparing for their responsibilities throughout a deployment that extend beyond the battlefield.

“Many spouses will be asked to run a household and raise a family alone for a year. This is a daunting task. When those spouses live in a foreign country, it is even more daunting. Taking care of families is as important as many missions we will execute downrange,” said Lt. Col. Paul Fellingner, commander of the 1st Squadron, 91st Cavalry unit based in Schweinfurt.

In an effort to ease the transition that comes with any deployment, 1st Sqdn, 91st CAV has begun briefings specifically for spouses and family members that cover a wide spectrum of topics, to include rest and

recuperation leave and the October training calendar.

“We’re trying to make sure that all the spouses understand exactly what’s going on and what to expect throughout the months prior to the deployment and the months through the deployment,” said Capt. Christopher Shepherd, rear detachment commander.

A briefing held Sept. 24 highlighted important information concerning casualty notifications and support.

“It’s a tough topic, but we really want to make sure the spouses know how our procedures are going to work and how they can be prepared. The casualty assistance center on post is going to talk to the spouses about basic casualty procedures and our chaplain is going to discuss our care team.

“Furthermore, we’ll explain our squadron casualty notification procedures, so they know how we are going to handle and support the families if something happens,”

Shepherd said.

Prior to the deployment, spouses will attend a family re-deployment brief with their Soldier and have the opportunity to speak with different agencies within the Schweinfurt community who will provide checklists of what they need to do to prepare.

“One of our primary focuses is supporting the family members so that the troops downrange can focus on their mission and not worry about the concerns back at home stations. ... The best way we can start doing that is by providing as much information as possible to the families,” Shepherd said.

“We want to increase self-sufficiency of every spouse who will have a trooper deployed and thereby reduce the anxiety of the unknown,” Fellingner added.

1st Sqdn, 91st CAV spouses who have questions concerning the upcoming deployment are encouraged to contact their troop family readiness group leader.



**Family members, Beatrice Guzman (left) of Troop C and Liza Capellan of HHT, welcome home their husbands and other troopers from their mission readiness exercise in Hohenfels.**



# Grafenwoehr captain trains for natural bodybuilding championship, pro card

by JOY AWE  
*Special to the Bavarian News*

Grafenwoehr may soon be home to a Professional Bodybuilder.

Capt. Terry Graham, assigned to Headquarters and Headquarters Company, Joint Multinational Training Command as the company Executive Officer, will compete Oct. 10 at the Natural Bodybuilding Italian Championships in Figline, Valdarno (Firenze) Italy, for top honors in his weight class and a coveted “pro card.”

The overall winner of the competition is awarded a pro card and the right to compete in professional bodybuilding events.

Graham, who has served in the Army for 15 years, competes in several natural bodybuilding competitions each year and often wins his weight class, although he has not yet earned his pro card. Graham has been involved in competitive natural bodybuilding since 2007 and has won his weight class in the last two competitions he took part in. He first took up the sport while in Iraq, at the suggestion of 1st Sgt. Woody Carter, who was organizing a bodybuilding meet.

Competitors in natural bodybuilding competitions perform a 60-second posing routine for pre-judging in the morning and a 90-second posing routine set to music in the evening. After performing for the judges earlier in the day, participants are chosen to

perform again for an audience and the winners for each weight class are chosen from the second performance. After each weight class has been judged, the winners are lined up on stage together and pose again as a group to decide who will become the overall winner and receive the pro card.

After receiving a pro card, an athlete is allowed to participate in professional bodybuilding competitions not open to the general public and is paid for their performance in the sport. Professional bodybuilders also frequently receive corporate sponsorship, usually from health supplement companies.

“Natural” bodybuilding means that no performance-enhancing drugs or steroids are allowed. Contestants must pass a polygraph test asserting that they have not taken any drugs in the last seven years and must submit to drug testing.

Graham maintains his muscular physique by doing cardio in the mornings and weight training in the evenings, five days a week for between two and hour hours a day. He focuses on a different area of the body for weight lifting each day. His diet consists of six small high-protein meals a day, including protein shakes each morning and each night.

In addition to protein shakes, Graham takes fat burner pills to prepare for competitions. A few days before each competition, he switches up his diet and consumes no protein and lots

of carbohydrates to make his muscles look fuller for the big day.

“I love being on stage and performing, you get the crowd going, and not only is it fun, it’s healthy. It keeps me in shape,” says Graham. “I always try to come in at each competition better than I did the last time. Every show you’re going to learn something different.”

Graham was featured in the May 2009 issue of Natural Bodybuilding and Fitness Magazine, as well as several other publications.

Graham encourages anyone who is interested in bodybuilding to try it for themselves.

“Once you get on stage for the first time and compete you are hooked, and you can’t wait to do it again. Remember to train hard, stay focused, and stick to a diet that works best for you,” said Graham.

“It doesn’t matter how you look, it’s all about how you present yourself on stage to the judges. I think anyone who’s in pretty good shape can become a bodybuilder.”

**Capt. Terry Graham of Headquarters and Headquarters Company, Joint Multinational Training Command, poses during the 2009 U.S. Forces Europe Bodybuilding Championships Sept. 12 in Wiesbaden.**



## ATHLETE SNAPSHOTS

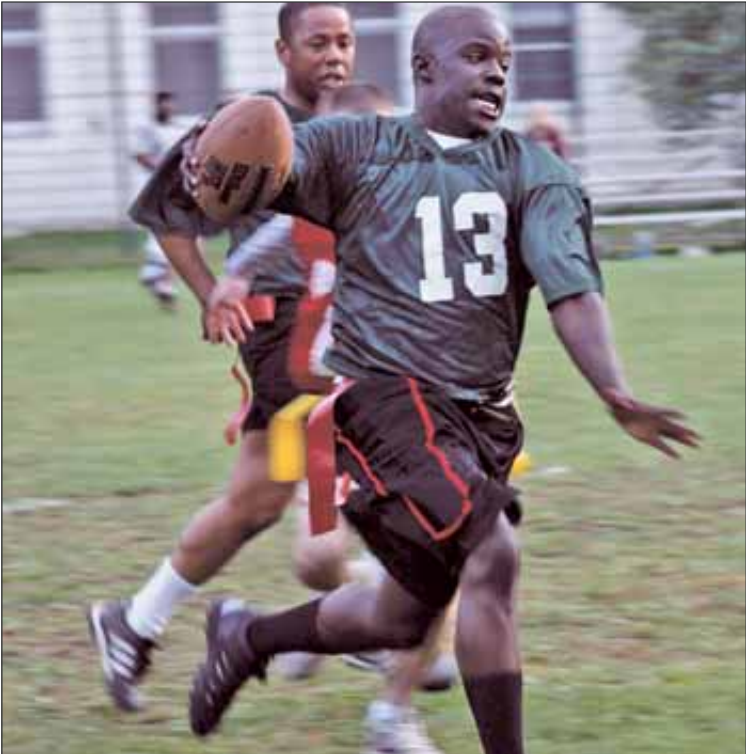


Photo by Emily Athens



Photo by Jim Hughes

Above: Staff Sgt. Rahe Brown, of Headquarters and Headquarters Company, 15th Engineer Battalion, runs the ball for a first down during the Sept. 15 flag football match-up between two undefeated teams, the 15th EN Bn and the Health Clinic. 15th EN Bn narrowly escaped with the win over the Health Clinic, ending with a final score of 20-16. Flag football games are held Tuesdays and Thursdays on the Conn Barracks Gold Field at 6 and 7 p.m. and welcome community support. The season will run until October with a championship round Oct. 19-23.

Above right: Alex Moya (3) runs the ball against the Bitburg Barons at Gray Stadium on Katterbach Sept. 19. The Cougars defeated the Barons 44-17. The defending DODDS-E Division II Champion Ansbach Cougars was a big win for the Cougars, not only for running its consecutive win streak to 25, but also because Bitburg is expected to be one of the top contenders for teams seeking to end the Cougars’ run at a fourth straight championship.

Right: In the same game, the Cougars sack the Bitburg Baron’s quarterback before going on to win the game



Photo by Jim Hughes



# Army Family Covenant signing renews commitment to families

continued from Page 1

services to not only the more than 3,000 permanent parties stationed in the garrison footprint, but also to an impressive 300,000-plus Soldiers, Sailors, Airmen, Marines and foreign military visitors and students throughout the year who come to learn at the NATO School, the George C. Marshall Center and stay at the Edelweiss Lodge and Resort.

"We support all of them and our valued civilian employees, and endeavor to foster an atmosphere that makes them believe and say our motto: It's great to be here!" said Santos. "The vision of the Army Family Covenant matches and enhances our vision and how you, the members of our community, live, work and play every day. With support from the Covenant, we strive to provide superior services to our customers - stationed locally or visitors from afar."

She presented a slide show of the forthcoming benefits on the way, thanks to the Covenant, before Sorenson took the podium.

"And it is great to be here in Garmisch, isn't it?" asked Sorenson to a hearty chorus of "Hooahs!"

Sorenson spoke of the partnership between Grafenwoehr and Garmisch, the remotest Army

post in Bavaria, saying that Garmisch may be distant but being part of the Army family is never forgotten.

"You are not only 'Keeping the Promise,' but also 'Setting the Standard' for the Army through the Army Family Covenant," said Sorenson.

To conclude the ceremony, Army Strong NCO spouses Verlie Gibson and Kayla Chambers were recognized by Salazar for their volunteer work, and assisted as he used a saber to officially cut the enormous cake to the cheers of the many children present.

**Brig. Gen. Steven L Salazar, the new commanding general of the Joint Multinational Training Command (center) claps after signing the reaffirmation of the Army Family Covenant at the Pete Burke Center on Artillery Kaserne in Garmisch. Col. Chris Sorenson, commander, USAG Grafenwoehr and USAG Garmisch Manager Karin H. Santos (seated) added their signatures as family members from the garrison gathered around to witness the moment.**



## McHugh vows to serve Soldiers of the Army

continued from Page 1

each and every one of us so deeply desire."

As Secretary, McHugh will draw on his years of previous experience as the ranking member of the House Armed Services Committee which oversees the policies and programs for the Department of Defense and each of the Armed Forces. Prior to becoming the ranking member of the HASC, McHugh served as the ranking member of the HASC Military Personnel Subcommittee and previously as its chairman for six years.

In addition, at the time of his nomination, McHugh was co-chair of the House Army Caucus, a bipartisan organization that works to educate fellow House members and their staffs about Army issues and programs, and a 14-year member of the United States Military Academy Board of Visitors.

Secretary McHugh was born in Watertown, New York, where he began his public service career in 1971 as the Confidential Assistant

to the City Manager. In 1976, he joined the staff of New York State Senator H. Douglas Barclay, with whom he served as chief of research and liaison with local governments for nine years. Succeeding Senator Barclay in 1984, McHugh served four terms in the legislature's upper house before his election to the U.S. House of Representatives in 1992.

McHugh received a bachelor's degree in Political Science from Utica College of Syracuse University in 1970, and earned a Master's Degree in Public Administration from the State University of New York's Nelson A. Rockefeller Graduate School of Public Affairs in 1977.

In his concluding statement July 30, McHugh stated that he was inspired by the wounded warriors he'd met. "I have been so struck how these heroes, facing pain and loss and uncertainty, ask one question: 'What else can I do to serve?'"

He continued, "We can ask no less of ourselves."



**Army Secretary John McHugh shakes hands with Joyce Morrow, Administrative Assistant to the Secretary of the Army, after taking the oath of office during a Pentagon ceremony, Sept. 21. Anne LeMay, Special Assistant to the Secretary of the Army, held the Bible during the ceremony.**

Photo by Staff Sgt. Matthew Clifton

## Happy shopping



Left to right, Deputy Mayor of Eschenbach, Klaus Lehl, along with Lynn Thompson, AAFES Europe retail manager, Lt. Col. Shawn Driscoll, U.S. Army Garrison Grafenwoehr director of emergency services, and Nicole Schmalz, Netzaberg Shoppette manager, cut the ribbon to the new Netzaberg Shoppette Oct. 24.



**Netzaberg resident, Sheila Parker refuels her car shortly after the ribbon-cutting and opening of the Netzaberg Shoppette Oct. 24. Parker was one of the Shoppette's first customers.**

Photos by Lindsey Bauler